

LAURENTIAN UNIVERSITY'S LAMBDA PLUS

May/June 2005 Edition

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Invited!**

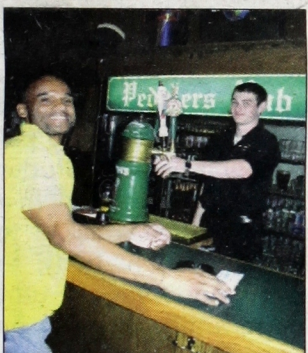


Both Laurentian's annual send-off parties and Kumbaya are coming up. See our stories inside to find out more.

We hope to see you there!

Details on Page 4

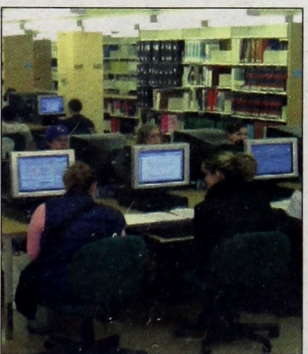
Sudbury's Hot Spots for Students



Get an inside look at the atmosphere, music and more of Sudbury's hottest nightlife spots for students without ever stepping a foot in the door!

Details on Page 52

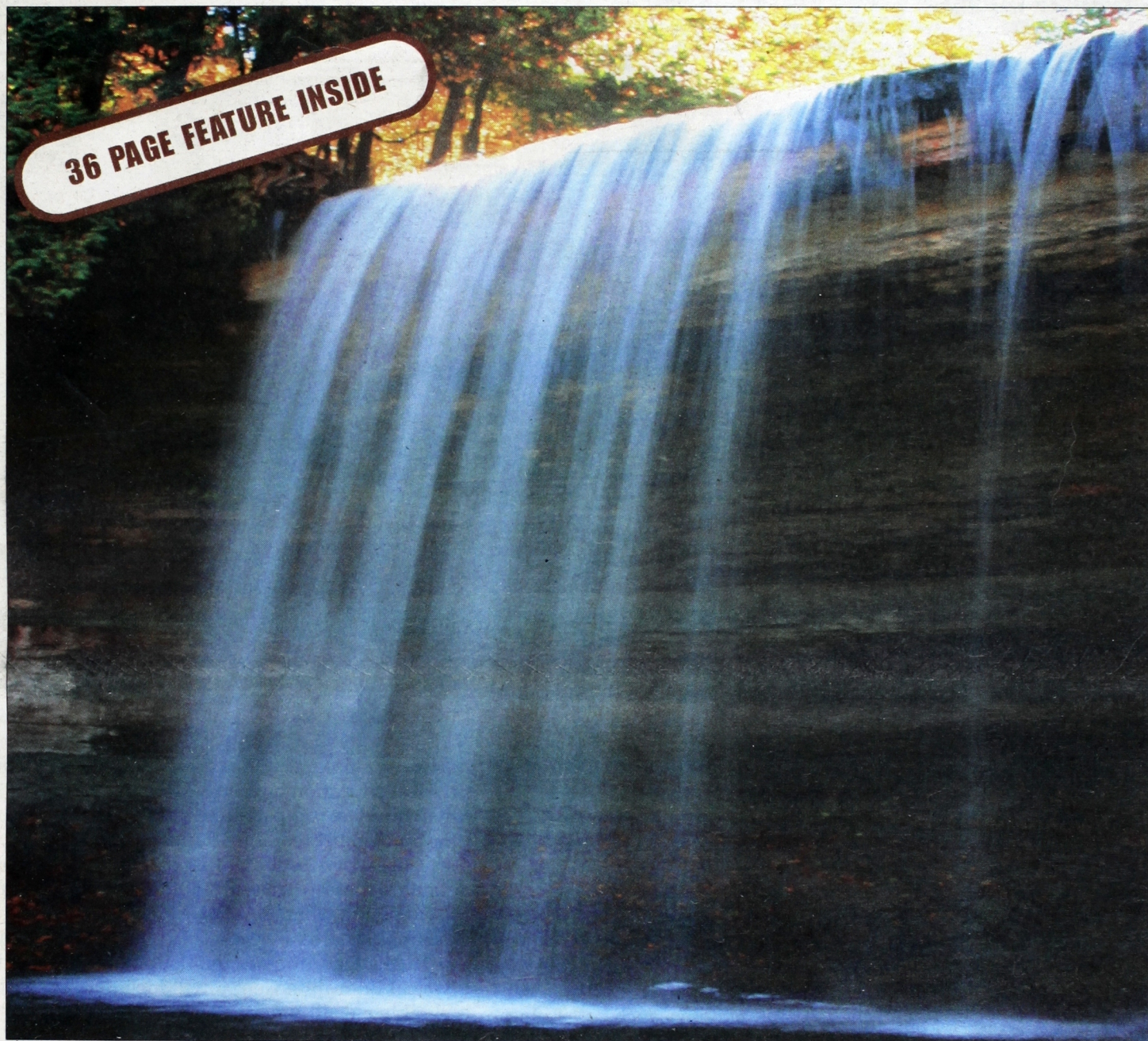
What's New at Laurentian?



Some of the great new services and facilities that you can expect to see this fall include a brand new learning commons and the expansion of LU's Phys Ed building.

Details on Page 2-3

Special Sudbury Edition



36 PAGE FEATURE INSIDE

Debbie Sauve / LAMBDA

Shown above is Bridal Veil Falls on Manitoulin Island. Find out more about other great "Day Trip" spots on page 44. There's shopping, theatre, the outdoors, eating out, nightlife and much, much more. Check out our 36 page feature on Sudbury to find out everything that you can enjoy in the Nickel city!

New campus residence being erected at Laurentian

BY NATALIE WALDBROOK

Laurentian University's student population has increased by 50 percent since the year 2000 and with a growing population, the university has experienced a need for more student residence.

By Fall 2006, Laurentian University will have a new on-campus residence constructed, which will extend housing to 225 students.

The new addition will consist of six floors, five floors of which will have 55 self-contained apartments. The first floor will consist of a lobby that connects to a multi-purpose space. Within the 55 units, each will have a common kitchen, living room, dining room, two full bathrooms and four single bedrooms. The bedrooms will be fully

equipped with high speed internet and wireless technology. There will also be apartments constructed for students who require special needs.

It is planned that the new residence will be geared towards students in their third or fourth year, as well as those students completing their Master's, Doctorate, or medical degree at Laurentian University. Many students feel that a residence geared towards mature students will be helpful to those considering medical school or graduate studies at Laurentian University.

"I think a residence for students entering the new medical school is an excellent idea," says Shawn Lessard, a third year biochemistry student at Laurentian University, currently residing off-campus.

"I am hoping to apply to the medical school next year and would definitely consider living in a residence that is aimed at mature students where I could be closer to Laurentian's facilities and only a short distance away from my classes."

Even students currently living in on-campus housing have had a positive reaction to the plans for the new residence.

"I think it's a wonderful idea that they are building a new residence to accommodate the student body," said Jennifer Kolz, a third year geography major at Laurentian University. Kolz currently lives on-campus and feels that "Residence life is an integral part of university."

She continued, "At this point in time there is a limited amount of space in residence

that is available to seniors and the new residence will allow space for more seniors to live on-campus. Without seniors, I believe the frosh lack a key part of their university experience."

The Laurentian University's Board of Governors has approved the detailed planning of the new residence and final approval for construction will be given upon completion of the tendering process.

The newly planned residence will be the first built in over 20 years at Laurentian University and when complete, the on-campus residence will increase to accommodate a total of 1,400 students. Construction is already underway, and the project is expected to be complete in time to welcome students in September 2006.

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Lambda PLUS circulates
4,000 copies to prospective
students throughout
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Lambda PLUS is the monthly
newspaper of Liaison Services
and Laurentian University,
through the Students' General
Association.

Its goal is to provide
prospective students with an
inside glimpse of university
life at Laurentian and the City
of Greater Sudbury as a
whole.

NEW @ LU

Students vote for gym expansion



This is a computer-generated image of what the Ben Avery Physical Education Centre will look like after the expansion.

During the last student election held on campus in March, the Laurentian University student body gave a strong vote of support to the proposed expansion of the physical education building. More than three quarters of part-time and full-time students voted in favour of seeing the University provide better recreational facilities that will be added to the existing Ben Avery Physical Education Centre.

The new addition to the Ben Avery Physical Education Centre will include a climbing wall, indoor running track which will surround multi-purpose courts. There will also be squash courts, expanded weight and cardio-rooms, as well as multi-purpose rooms that will be used for activities such as aerobics, yoga and martial arts.

These features will also allow Laurentian's highly-successful Intramural program to expand its offerings and will make it easier for students to access the facility.

With this solid support from students, the University will proceed with the final planning stages in preparation

for the construction of the new recreational facility. Laurentian recently launched the tendering process for architects and expects that construction will begin early this fall. The revamped Ben Avery Physical Education Centre. During the last student elections held on campus in March, the Laurentian University student body gave a strong vote of support to the proposed expansion of the physical education building. More than three quarters of part-time and full-time students voted in favour of seeing the University provide better recreational facilities that will be added to the existing Ben Avery Physical Education Centre.

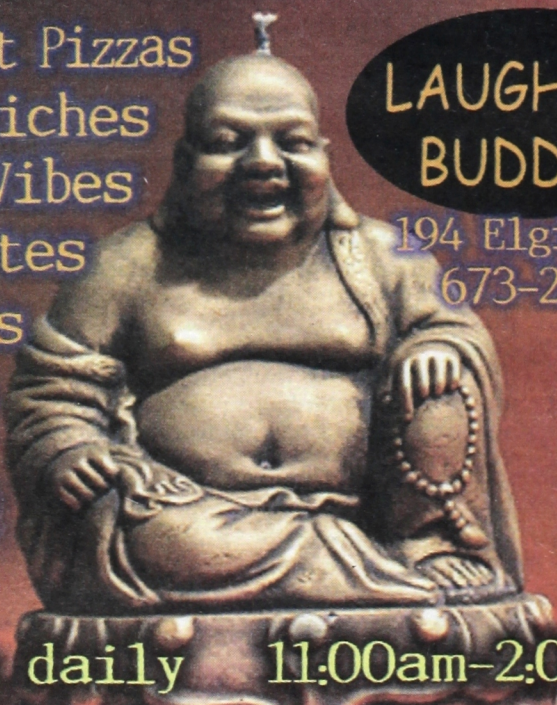
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dents to access the facility.

Funding for this new centre will come from students through a student recreation centre capital levy. The fee paid by students will remain at \$30 during the 2005-2006 academic year, but will increase to \$50 in 2006-2007, to \$75 in 2007-2008. Students will continue to pay this levy until the construction costs of the centre are covered. This levy will replace the current levy paid by students towards the Student Centre, which has now been paid. In an attempt to help alleviate some of the pressure from the student body, the University is also looking at other fundraising opportunities to help pay off the building earlier.

With a solid support from students, the University will proceed with the final planning stages in preparation for the construction of the new recreational facility. Laurentian recently launched the tendering process for architects and expects that construction will begin in early in the Fall of 2005. The revamped Ben Avery Physical Education Centre should be completed and in operation by September 2007.

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NEW @ LU

'One-stop' learning centre now open



Neil Zacharjewicz / LAMBDA

BY NEIL ZACHARJEWICZ

The Learning Commons in the J.N. Desmarais Library has propelled Laurentian University to the forefront of educational library services in the province.

"I think we are pretty close to being cutting edge for Learning Commons across the province," suggested Ashley Thomson, chair of the Department of Instruction and Information Services. "That is my hope; that we become a benchmark for university libraries."

The concept of a Learning Commons is fairly new on the university scene, with only a handful of Canadian universities having bought into the idea. The Learning Commons concept is based on the idea that services which enhance student learning should be centralized in one area. Essentially, the Learning Commons is a "one-stop shopping" centre for student learning.

Thomson first came up with the idea of a Learning Commons for Laurentian following a visit to Dalhousie University last year to deliver a speech. It was there that Thomson got his first look at a Learning Commons - and he was inspired.

"I came back here sort of pumped about the idea," he admitted. While it took some time to get the project rolling, Thomson wrote

up a report on the emergence of Learning Commons in Canadian universities, and suggested it was something Laurentian should consider.

Then, an amazing thing happened within the university.

"Nobody objected, which is kind of astonishing (in a university setting)," Thomson laughed.

There were several reasons the Learning Commons seemed to be the ideal development for Laurentian. The first factor was the amount of duplication between print and electronic journals. Collapsing the library's journal selection, to avoid duplication, only seemed to make sense.

Thomson pointed out that it is much easier to print off an online journal than it is to photocopy from a book, so copies of the texts of all of the journals that were also available in an electronic format were moved into storage, to create more room in the library.

"The second factor (behind the move to the Learning Commons) was the changing university environment," Thomson indicated. He said that, with the advent of the common desktop on the university computers, it only made sense to have all of the computer assistance people in the same area. With 11 more computers on the way, the Learning Commons will soon be the largest computer lab on campus, Thomson noted.

Still, one of the major reasons for the strong show of support for the Learning Commons project was that it fit well with the University's Strategic Plan. In the strategic plan, priority has been given to ensuring that, ideally, all graduates should be computer literate, writing literate, and information literate. To ensure this was possible, it only made sense to have all of the support services in the same area.

"In one way, it is the initiative that will potentially benefit the most number of students," Thomson stated. He also noted that the project was felt to be attractive to recruiting and retaining students at Laurentian University.

The project cost the university approximately \$475,000, particularly since much of the facility had to be renovated and rejuvenated. Now, the computers have all been centralized in an effort to turn the third floor into more of a quiet area, Thomson explained.

The Learning Commons is now home to the library staff, Computer Services, Special Needs, the Writing Assistance Program, the Group Peer Tutoring Program and more. There is an area set aside for eLearning, as well as for the Assistive Technology lab.

Another by-product of the move to the Learning Commons was the creation of more jobs, which has allowed the library to stay open until 10 pm. As well, the librarian's office

is set up to interact with the students better.

Thomson admitted one of the major tests for the facility will be the traffic flow, but he indicated he has already received word from several of the departments within the Learning Commons that they are seeing an increase in activity.

"I suppose you would have to say the response is pretty good," he said.

"This facility is a direct result of our strategic planning. Our goal is to be the most student-focused university in Canada. In the Learning Commons, students can meet all their learning needs, with easy access to specialized employees providing fundamental skills in writing, information and computer literacy. The Learning Commons will enhance teaching and learning at Laurentian, and ensure the academic success of our students," noted Laurentian University President Dr. Judith Woodsworth.

Associate Vice-President of Student Affairs Denis Mayer also voiced his support for the project.

"The Learning Commons will enable the University to remain at the forefront of technology-assisted teaching and online learning. It will also support the integration of appropriate learning technologies in the teaching and learning process," he said.

CAMPUS NEWS

Student send-offs to start in August

Outgoing Laurentian graduates share their experiences with first-year students

Every summer, in mid-August, Laurentian University's Alumni Relations Office hosts a series of Student Send-Off receptions. These are a wonderful opportunity for incoming students and their parents to meet and chat with current and future students, other parents, alumni, staff and Dr. Judith Woodsworth, President of Laurentian University. Send-Offs are a great way for students to get involved with their university before they even arrive on campus and for alumni to stay connected to their alma mater.

Proposed Send-Off locations for the coming summer include Timmins, Ottawa, Barrie and Toronto, as well as Sudbury. Watch for your postcard invitation to arrive by mail in July! For more information, please contact the Alumni Relations Office at (705) 675-4818 or alumni@laurentian.ca.



Shown above are some students that took part in the 2004 Sudbury send-off party. This year, look out for send-off parties in Timmins, Ottawa, Barrie and Toronto.

Kumbaya Special Weekend Getaway!

May 28 and 29, 2005! For you and your family!

Sign in and lunch between 10 a.m. and 12 p.m.

Opening Ceremony at 12 p.m.

Bouldering, tennis, swimming, games, nature walks, BBQ, a parent's reception and even an all ages pub

Stay at Laurentian University's residence for one night, free of charge, to experience campus life to its fullest.

Connect with Laurentian and the City of Greater Sudbury.

Collect key student information, acquire parent's survival tips and learn about course registration.

RSVP before
May 20, 2005
either online
at liaison.laurentian.ca
or at
1-800-263-
4188 or 705-
673-6594

CAMPUS NEWS

The 'Big Band Theory'



Photos by Kris Harris

As shown above, Canadian band Finger Eleven played a sold-out show at Laurentian's Great Hall during last year's frosh week festivities. Laurentian takes pride in bringing its students the top acts in popular music for special events.

BY DEBBIE SAUVE

When it comes to Orientation Week, Laurentian has proven time and again that the "Big Band Theory" works for Welcome Back Concerts.

And over the years, the school, with the help of the Students' General Association (SGA), has been able to attract some great up-and-coming talent to Laurentian.

In the 2004/2005 Academic Term, the SGA brought students a can't miss event featuring the popular Canadian band, Finger Eleven.

"The show went really well," Jessica Burnie,

VP services of the SGA, said. "Everybody had a great time. Hopefully we can do another show next year that sells out as well."

After the performance, Finger Eleven guitarist James Black said about Laurentian and Sudbury, "It's a great place ... We're going to go back there, actually. It's secluded, and there's nothing to distract us except the music and beer."

Over the past couple of years, the SGA has brought great bands like Chaos and Swollen Members and Mathew Good Band to Laurentian, and the upcoming year should be no exception.

In the first week of May the planning started and the association began looking at what kind of band they would like to bring in.

Finger Eleven was chosen last year because they "played at Laurentian three years ago, and they did a really great job," Burnie explained. "We knew that they had that different edge than the hip hop band, had the music on the radio, and they were known well enough that people would enjoy coming to see them."

It was also felt that with this group playing, a more diverse crowd might come to see the show. And they did. Finger Eleven played for a sold-out crowd!

Stay tuned to the SGA Web site at www.sga.laurentian.ca to find out what band will be playing this year during Orientation Week.

Special Needs reaches out to more students

BY TARYN GREEN

Fifteen years ago Laurentian University welcomed an addition to the Student Life Department. In November of 1989 the Special Needs office began accommodating students with learning, psychological and physical disabilities.

Earl Black, the Special Needs coordinator, and his team have been working hard over the past fifteen years to help students make the proper adjustments to University life. In 1981 the Ontario Human Rights Commission passed a policy stating that every University must answer to the needs of academically qualified special needs students, so that they can obtain the proper educational experience.

The Policy even states that a student with special needs has a right to attempt all University courses, programs, and activities as long as he or she meets the academic requirements and that the University must make reasonable effort to adapt to the disabilities of students. It states that it is only right to give everyone a fair chance.

The Laurentian University Special Needs office has been doing

an amazing job, never turning away a single student that thinks he or she might need a little extra assistance. This year, four per cent of Laurentian Students (which equates to over 300 people) are qualified and registered in the program and Black says this number is growing.

"For some reason there are more students coming to use our services than before," Black said. "They know to come here and, I guess, they're just realizing now that they should identify themselves."

"Maybe the comfort level is ok to say 'well now that I'm familiar with the university, I better make sure I put some support someplace' or that they are realizing they could handle their disability before university, but now it is a little bit too much."

Some of the services available for qualified Special Needs students are extended time for tests and exams, a separate and quiet room to minimize stress levels and distractions, voice input to computer, handicapped parking, proof readers, computerized note taking, enlargement devices for classroom materials etc., talking calculators, electronic note takers for deaf, deafened and hard of

hearing, career counseling and help with time management skills.

"I'd say the majority of our students, right now, probably don't even know they have a disability," Black said. But he encourages anyone who thinks that they might benefit from the assistance of the Special Needs Office to at least go in and ask.

Some students have attention deficit disorders who need to do an exam somewhere with minimal distractions, others are better at expressing themselves orally but cannot gather their thoughts on paper, and some just get so stressed that they freeze up and cannot write an exam. No matter the disability, Black and his staff have the resources available to make life at Laurentian a little more bearable.

"I think students should feel comfortable about coming here," he continued. "If I can correct them in their need for writing assistance, tutoring, counseling - anything they may need help with, I'd rather them come and at least filter through and put them on the right track."

"As long as they are a student at

Laurentian, my goal is to get them what they need. Even if it turns out they don't have a disability they can still get counseling for those different reasons."

For more information about the services available, the Special Needs office is located in the R.D. Parker Building, room L-210 beside the Student Life desk or by visiting their Website, <http://www.laurentian.ca/specneeds> which answers an array of questions.

"I think it is really important that they come here, some people worry about being labeled, but what do you want to do?," Black exclaimed. "Pay for extra years of schooling because you're struggling or do you want accommodations?"

"The bottom line is, anyway, that some people think, 'ok, so I have accommodations here, but what am I going to do when I get to work?' But it's the same; the duty to accommodate is the same thing in the work force too."

The Staff at the Special Needs Office are eager and ready to answer any questions and to help in any way.

CAMPUS NEWS

Intramural program wins national award

BY KRIS HARRIS

Laurentian University's Department of Active Living has done it again. For the third straight year, Laurentian's Intramural Sports Program was awarded the "Outstanding Intramural Achievement Award" by the Canadian Intramural and Recreation Association (CIRA) of Ontario.

CIRA Ontario was originally founded in 1969. Their mission is to encourage, promote and develop active living, healthy lifestyle and personal growth through intramural and recreational programs within the education and recreation communities. Annually, they reward schools at the elementary, secondary and post-secondary levels that join in their efforts. They recognize the quality and diversity of intramural programs province-wide that advocate fun, physical activity, inclusion, cooperative participation and student leadership.

"I'm proud of the program for winning this award," said Dorothy Pitzel, Intramural Coordinator. "But, I'm particularly proud of the students for making it possible."

Laurentian's Intramural Sports Program is designed to provide a varied, competitive, recreational activity program for all students, faculty and staff of the University, with the emphasis put on participation, not winning.

"It's supposed to be fun for fun's sake," Pitzel said.

The program has a zero-tolerance policy in place for fighting, alcohol and/or drug use. Students caught breaking these regulations will never again be permitted to play any of the sports offered. There is a harassment policy in place, and while that is judged on a



Kris Harris / LAMBDA

Got hoop dreams of your own? Then sign up for basketball or any of the other sports offered by Laurentian's fine Intramural Sports Program.

sliding scale, it is heavily policed.

"As soon as we get a report on that (harassment), we take a proactive approach," Pitzel said.

"It doesn't happen twice if we

know about it."

Last year, Laurentian's nationally-acclaimed Intramural Sports Program boasted 18 sports programs, including conventional

sports like basketball and volleyball, as well as unconventional sports like innertube water polo and water basketball. Approximately 2,200 students participated in the program last year in its male, female and co-ed leagues, in either individual, team or life-skill activities.

The program is also largely dependant on student leadership; two fourth-year student mentors, about 53 student convenors, 108 officials, and 50 volunteers assist the Intramural Coordinator.

The highlight of last year's program was the new "Sport Development Model", which was developed by students in order to enable even the most junior staff member to evaluate proposed new programs in terms of budget, risk, staffing and industry norms. The model is expected to circumvent decisions that are not safe or cost effective, while teaching new students how to evaluate potential ideas.

For the 2004-2005 academic year, the program will be implementing some technological changes, including a Web site where interested parties can access all the information available about the program, including registration requirements, dates, rules and results. Registration on-line was considered, but because of the fees involved, it would have been an unfair advantage to students with credit cards, Pitzel said.

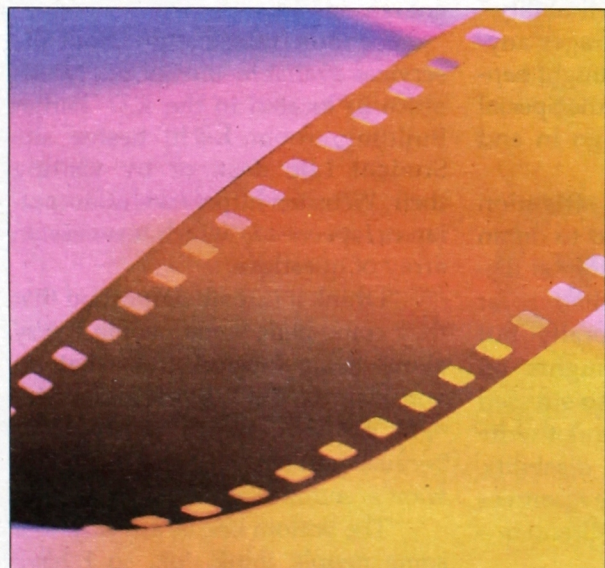
"We want to make it affordable to everyone," Pitzel said.

Students who want to join in the fun can expect the program to preserve its award-winning qualities.

"We're going to maintain that same level of service," Pitzel said.

For more information, feel free to e-mail the department at intrasport@laurentian.ca.

Laurentian student wins big at Cinefest



BY JAMES HOPKIN

This year's edition of Cinefest will no doubt be memorable for one Laurentian University student in particular.

Val Caron native David Nolet, a first-year philosophy major and aspiring film director, placed first in the student category at the international film festival for his short film entitled *The Man Who Had It All*.

"It's a parody of society," explained Nolet dur-

ing a recent telephone interview. "In a way it shows that you shouldn't take anything for granted." The film, which clocks in at just under four minutes, was actually written and filmed by camcorder with the help of three of his friends in only a couple of hours. "We were just bored," said Nolet. "I had just bought a camera, and we just decided to make a movie." Much of the dialogue for *The Man Who Had It All* was also done off the cuff, with little rehearsal. "We kind of improvised the dialogue," said Nolet. "We had a basic idea, but we just decided to improvise and it turned out pretty good."

To say the film turned out good is a humble understatement. *The Man Who Had It All* was nominated as a finalist in the Cinefest student category, making its premiere at the Silver City cinema in Sudbury. Nolet, with a handful of his close friends took in the film on the big screen. "It was weird, but exhilarating," he said. "We were really proud of that. Our goal wasn't to win, we were just happy to see it on screen." Needless to say Nolet was taken aback and humbled even further when he and his friends were announced as the winners of the student category the very next day. The funny thing is he wasn't even at the Cinefest awards ceremony to hear the announcement firsthand. "There was an awards ceremony, but I had too much homework so I couldn't go." Nolet was only notified by his friends after the awards were handed out by Cinefest. "I thought they were just playing a prank on me or something, but they brought a letter that proved that we had

won. I was really surprised," he said.

Nolet, who has written and directed about ten short films to date, originally wanted to be an actor when he enrolled in a grade ten drama program in his hometown of Val Caron. "I was a really shy person before, and it helped me," he said. It was this acting class that inspired Nolet to try his hand at directing. "I began as an actor, but then I realized that I preferred directing, filming and editing movies." Nolet, then a 16-year-old high school student, began to create a handful of skits and scripts with his friends, knowing the entire time that he had found something to become passionate about. "I'd like to become a director for a living," said Nolet. "I've been doing a lot of movies in the past two years."

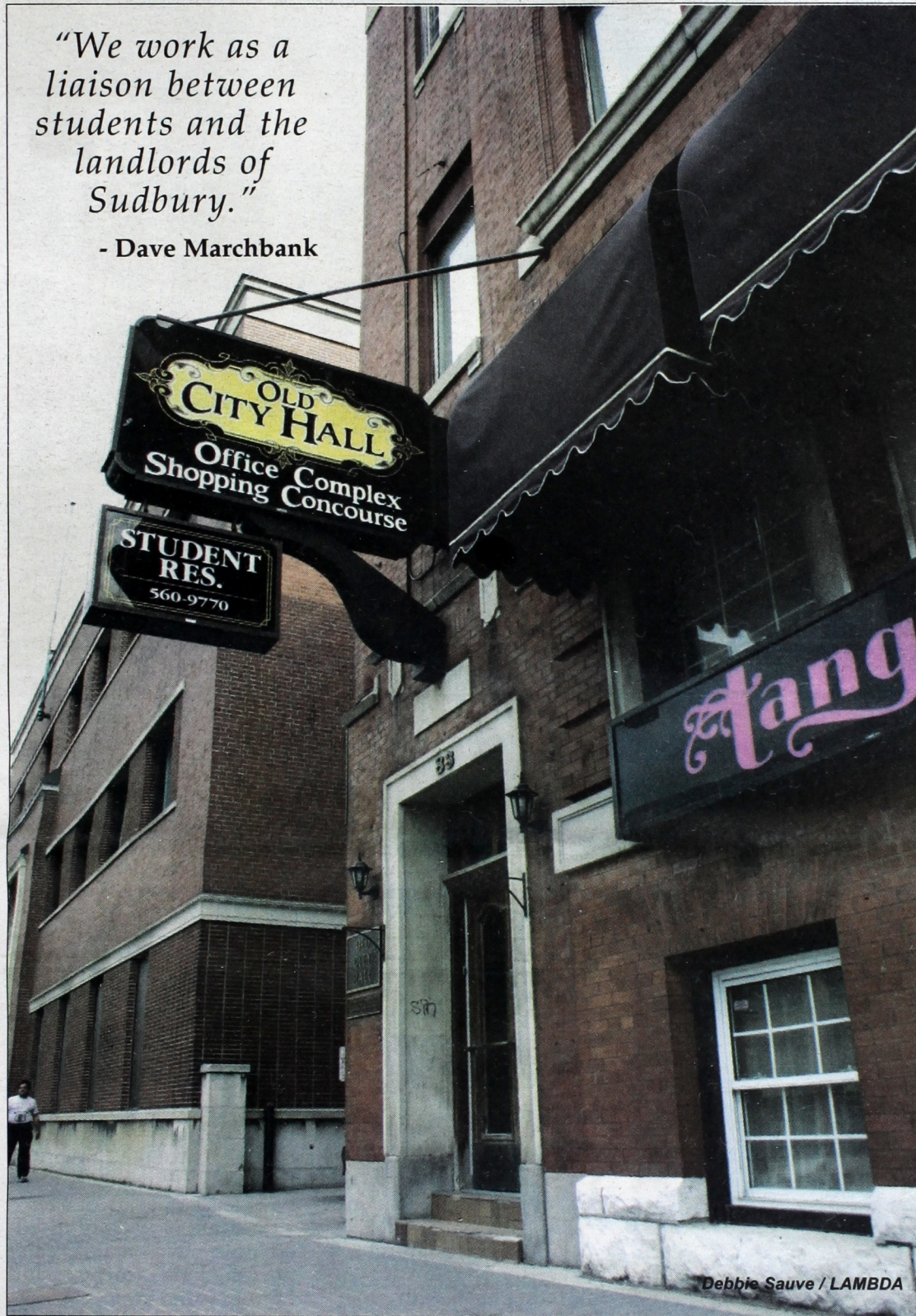
Listing directors Gus Van Sant (*Elephant*, *To Die For*) and M. Night Shyamalan (*Signs*, *The Sixth Sense*) among his favourites, Nolet aspires to someday enjoy the same notoriety. Although many of his previous works have been tinged with what he describes as absurd humour, Nolet would like to try his hand at drama films in the near future. For now, however, another crack at the Cinefest awards will continue to push Nolet to flesh out some pre-existing material. "I have a lot of scripts on my computer, and I hope that I'll be able to film them in order to submit them to Cinefest next year," said Nolet. "If I had a free schedule, I would make movies all day, every day."

CAMPUS SERVICES

Laurentian Off-Campus Housing

"We work as a liaison between students and the landlords of Sudbury."

- Dave Marchbank



Debbie Sauve / LAMBDA

BY DEBBIE SAUVE

Newspapers, bargain hunters and the Internet. You would think that with all of these media at your disposal, finding accommodations for school on your own would be easy. Unfortunately though, this is not always the case.

We all have bad memories of spending long, hot summer days sifting through the classifieds on the prowl for a decent place to live.

And let's face it, when you are new to a city, or if you are inexperienced in rental living, it can prove to be both intimidating and difficult to accomplish this.

However, fear not, Laurentian Off-Campus Housing (LOCH) is here to make that task a little easier for students coming to university in the Nickel City.

"We are here to provide students coming to Laurentian with all of the information that they need to

find a place to live in Sudbury that is off-campus," said Off-Campus Housing Coordinator Dave Marchbank. "We realize that locating a place to live on your own can be difficult, so we work as a liaison between students and the landlords of Sudbury."

Off-Campus Housing maintains regular contact with landlords throughout the city, and for a small fee LOCH will post rental advertisements both on their bulletin board, located in Room L229 of the R.D. Parker building, and on their Web site at www.sga.laurentian.ca/ocho.

"The landlords phone or come in contact with me to post their information, and then I come in contact with students to match them with what they are looking for in a rental property," Marchbank continued.

Some of the aspects that LOCH takes into consideration when locating a rental property for a student is what area of town would be most

convenient for their specific needs, the size of the property, and a host of others depending on each student's circumstances.

For convenience for first-year students, Marchbank recommends the downtown area because of its close proximity to the bus terminal and other services.

Laurentian Off-Campus Housing also provides students with information on tenant rights as mandated by the Ontario Rental Housing Tribunal.

The purpose of the Rental Housing Tribunal is to resolve disputes between residential landlords and tenants by providing public education, mediation and adjudication services in a fair and timely manner.

"Students can easily be taken advantage of by landlords if they are unaware of what their rights are, especially when it comes to evictions and so on," Marchbank said. "For this reason, our doors are

always open for questions so that we can do our best to make sure this does not happen."

If you are currently looking for off-campus housing in Sudbury for the 2005-2006 Academic Term, please visit Laurentian University's Off-Campus Housing rental database at www.sga.laurentian.ca/ocho/public.html.

You can also check out Lambda Classifieds on Page 15 for current rental listings as provided by LOCH.

Other good sources for apartment listings include:

Sudbury Star classifieds:

www.thesudburystar.com

Northern Life classifieds:

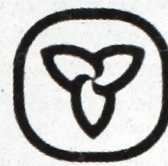
www.northernlife.ca

Bargain Hunter Online:

www.bhonline.com

Your perfect apartment could be just a mouse click away!

TENANT RIGHTS



Ontario

STARTING TENANCY

Ontario's Human Rights Code prohibits a landlord from discriminating against a current tenant, as well as a prospective new tenant, for specific reasons.

A landlord is permitted to seek information about the credit history or status of a prospective new tenant.

MAINTENANCE AND REPAIRS

A landlord must keep a rental property in a good state of repair. All things which the landlord provides to the tenant must be kept in proper working order.

A landlord must keep the property clean. This includes any lobby area, halls, elevators, laundry room, pool, and parking lot or garage. The parking area must also be kept well lit.

A landlord must control pests such as cockroaches and mice.

If a landlord provides heat, it must be kept at a certain level during the fall, winter and spring. Most cities and towns have a bylaw which sets a minimum temperature for this period.

A landlord is not required to paint a rental unit because the existing paint has become worn or discoloured, or because a new tenant is moving in.

"Vital services" are fuel, hydro, gas, or hot or cold water.

If a landlord provides any vital service to a tenant, the landlord cannot withhold the reasonable supply of it. This rule applies even if the tenant's rent is overdue, or the tenant has caused damage to the property.

A tenant should not hold back any part of the rent if they feel maintenance is inadequate or a necessary repair has not been done. They might face eviction for doing so.

CAMPUS SERVICES

CKLU lets students become the 'radiostar'

BY DEBBIE SAUVE

Laurentian's student radio station, CKLU, has just celebrated their 20th Anniversary and continues to be a radio wave of opportunity for students looking to get their voices and music heard on the air.

Formed in September of 1984, Laurentian radio first operated a small closed circuit system. Seeking to expand, the decision to start a more ambitious form of broadcasting was made.

The proposed plan was to broadcast someday on FM as an alternative to the type of programming available to the listeners of the Sudbury area. Eventually, in 1990 the Ontario Corporation known as the Laurentian Student and Community Radio Corporation was formed. This established the radio station as a distinct legal entity.

Today, with the help of approximately 70 volunteers, CKLU has a total of 44 programs ranging from rock to jazz to punk to the spoken word.

"Right now we offer 19 hours of programming daily, while other campus and community radio stations broadcast 24 hours a day, 7

days a week," said Sheila B, Assistant Administrator for CKLU. "CKLU is just not there yet. We need more volunteers, more commitment and more diverse programming to operate at our full potential."

For the 2005-2006 Academic Term, CKLU will be looking for student volunteers to reach this potential. Whether you just love music or are an expert in any particular genre, CKLU is for you.

Sudbury's CKLU 96.7 FM Radio is powered by volunteers from the community and from students just like you. The station encourages you to get involved with your campus this year and find out about your community.

CKLU also invites students to come out for training and get experience on-air with your very own radio show, or to sign up for behind the scene work as a director or in productions.

"This year we are calling out to students to provide us (CKLU) with something different," Sheila continued. "What we need is less of what we have, and more of what we don't have."

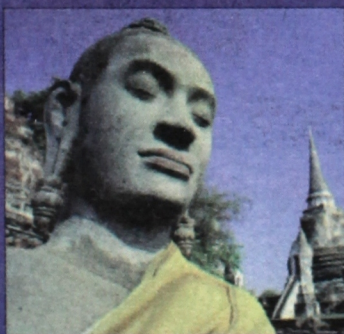
For more information, contact the station at info@cklu.ca.



Debbie Sauve / LAMBDA

Students can host their own radio program at Laurentian's student radio station.

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Laurentian Clubs and Services:

Laurentian University also offers many other clubs and services that students can get involved in. Check out Laurentian's website at www.laurentian.ca for more information

Laurentian Karate Club offers fitness and fun

BY DEBBIE SAUVE

Looking for somewhere to get your kicks this upcoming academic year?

Well, the Laurentian University Karate Club can fulfill that need with professional instruction in Goju-Ryu Karate-Do Yamaguchi-style karate.

The club strictly non-profit and instruction is done on a volunteer basis which allows the fees to be kept low.

The cost to train is \$30 per term for students and \$60 per term for non-students.

Provincial and International memberships are included in your fees, thus covering insurance costs.

Belt examinations, should you choose to take one, are \$20 which pays for your certificate and your belt.

Belt examinations or rank gradings are optional to members but are a great way to mark progress in the art.

Members are primarily students, faculty, and staff of Laurentian University.

However, members of the general public are also

welcome to train but will have to pay an additional cost for use of the University facilities. All members must be at least 16 years of age.

Karate is usually divided into two major categories: kata (forms) and kumite (sparring).

The forms and techniques that are taught at Laurentian are identical to those taught in Japan, Australia, Europe, or any other I.K.G.A. (International Karate-Do Goju-Kai Association) dojo (training area/club).

Further to this, the Laurentian University Karate Club also offers a scholarship. Established in 2003, the \$250 scholarship is designed to encourage the study of traditional karate-do at Laurentian University and in the hopes that more students will discover the many values of traditional karate-do.

For more information on this scholarship or to download the application, visit www.karate.laurentian.ca.

For more information on the Laurentian Karate Club or this traditional form of self defense and martial art contact Head Instructor Craig Vokey at:

cvokey@vianet.ca

VARSITY SPORTS

Voyageurs recap for 2004-05

With the school year finished, and the varsity teams preparing for a long summer of training to stay in game shape, this is the perfect opportunity to revisit the performance of the Voyageurs and the Lady Vees this season.

Women's soccer



Kris Harris / LAMBDA

The women's soccer team enjoyed a successful season and an exciting playoff run this year.

The Lady Vees women's soccer team was far and away the most surprising success story that the varsity program provided this year. Expectations for the team were low; nobody at the school or in the province thought the Lady Vees were going to do anything spectacular in 2004. But those doubters were sorely mistaken.

The ladies went on an amazing stretch to start the season. They went undefeated in their first eight games of the season, piling up three wins and five ties, before losing their last two regular season games. Even more amazingly, the team scored shutouts in their first seven games, only allowing a total of five goals over the ten-game season. Keepers Julia Boschetto and Katie McNamara split the duties between the pipes for Laurentian.

But the playoffs was where this team thrived, taking their game to a whole other level.

The team started their playoff run with a strong showing against Brock, beating up on the southern team on their home field thanks to a two-goal performance from team leader Kristy MacKenzie. Next came the real test; the Lady Vees squared off against York, their division-leading rivals, in the quarter-finals. York had only lost one game all year, and they were heavily favoured to beat Laurentian.

However, the team's trademark defense stood tall, keeping the game scoreless at the end of regulation and sending it to penalty kicks. The Lady Vees, who had been practicing penalty kicks for just such a situation, managed to outshoot the Lions by a 3-2 margin and move on to the next round.

Unfortunately for the team, the final four was as far as they would go. The Lady Vees lost a heartbreaker to eventual provincial-champion Western in the semi-finals, and then came up short in the bronze-medal match up with Toronto, placing the team fourth in the OUA. But, with many of the core players returning next year, as well as coach of the year Rob Gallo, the future surely looks bright for this unsung team of heroes.

Men's soccer

Conversely, the Voyageurs men's soccer team had a disappointing year in 2004. The highly-touted team was expected to go far in the OUA playoffs, but were not able to deliver the results.

The men were able to produce offense; at times, they seemed to score at will, weaving up and down the field with the greatest of ease. Joe Jesseau had a breakthrough year for the Voyageurs, scoring seven goals for the offense-minded squad.

But, inconsistency was the main problem for the Voyageurs. They would follow up big-effort wins with stagnant losses; they weren't able to string more than two wins together at a time. The tough division they were in didn't help matters, as they were forced to the road for their first playoff game despite their five-win season. A two-goal game by Giuseppe Politi, including the winner late in the second half, propelled the team to the quarter-finals for a match with Brock.

Unfortunately for the team, they couldn't get their offense off and running in the quarter-finals, losing by three to the south-division leading Badgers and ending their season in disappointment.

Jesseau and Politi were named first-team all-stars for their efforts this year. Jeff Collins and Stephen Soutar both got the nod as second-team all-stars.



Kris Harris / LAMBDA

The men's soccer team did not play up to its expectations or potential this year. However, this strong group of guys should be able to improve on this season's poor showing next year.

Women's cross-country

Another team that had a productive year in 2004 was the Lady Vees women's cross-country team. As of November, with the season over, the Lady Vees were ranked tenth in the country.

Leading the team were two exceptional runners: Leila Angrand, the second-year athlete who took the gold medal in all three regular season events that she competed in; and Kirsti Dolson, the outstanding rookie who won two bronze medals early in the year and continued to improve in each race as the season moved on.



The women's cross-country team ran with the best of them this year. The team finished ninth at the OUA's and 13th at the national championships in 2004.

The OUA Championships were held in Toronto at Sunnybrook Park. Angrand, who had been battling a hamstring injury for a few weeks put in an impressive performance. Despite the injury, she managed to take the bronze medal at the provincial championship for the second straight year, putting the finishing touches on an excellent year in the OUA. Dolson managed to take 22nd place in her first OUA finals; she was the third rookie to cross the line at the event. Overall, the Lady Vees finished ninth in the team rankings.

The CIS national championships were next, where the team took 13th place in the overall standings, an impressive finish for a national event. Angrand again led the way for the Lady Vees; unfortunately, she re-aggravated her hamstring injury early in the race, causing her to finish in 41st place, much lower than expected. Dolson finished a few seconds behind her teammate, taking home 46th place, a strong showing for a rookie.

Angrand was also named to the OUA all-star team for the second year in a row for her strong season. All in all, this young team is looking to take great strides next year to remain at the forefront of cross-country running in all of Canada.

VARSITY SPORTS

Voyageurs recap for 04-05, continued

Swimming

The Aqua Vees men's and women's swimming teams made waves this year with some strong individual and team performances. The men's team were the stronger of the two; they are currently ranked eighth in the country. Leading the way for the men was phenom Marshall Bonner, who had another outstanding season in the pool. He won a bevy of gold medals in the regular season meets, remaining virtually untouchable in the backstroke events. On the women's side, second-year swimmer Stephanie Kuhn had some good results throughout the year, winning several medals.

The teams both performed extremely well at the OUA Championships,



The men's swimming team, who are currently ranked eighth in the country, had some great individual performances this season.

held at Brock University this year. Laurentian walked away with seven medals at the three-day event: two gold, one silver and four bronze.

Bonner was single-handedly responsible for both golds; he continued his dominance in the 50-metre backstroke, defending his title from the previous year. He also won the 100-metre backstroke event. The only other individual medals for the men came in the 400-metre individual medley, where Colin Jenkins and Ryan Smith finished second and third respectively. The men's team also won two medals in relay events, taking the bronze in both the 4X50-metre freestyle and the 4X100-metre freestyle events.

The only medal for the women at the OUA's came from Kuhn, who managed to take the bronze in the 100-metre freestyle race on the final day of the competition after finishing fourth in two other events. Overall, the men's team finished in fourth place in the team standings, while the women took sixth.

Next up for the teams was the CIS national Championships, held in Edmonton. Unfortunately, Laurentian had no podium finishes at nationals, but the men's team still managed to come away with a tenth place in the overall standings, securing their national ranking. If they maintain their training during the off-season, there's no telling what feats these swimmers can accomplish next year.

Women's basketball

Next up is the Lady Vees women's basketball team; this squad was ranked high nationally before the season even started. They proved themselves with a strong 15-7 regular season record, setting themselves up for a first-round playoff game at home against Ryerson. The Rams fought hard, but they were no match for the powerhouse Lady Vees, eventually falling in the final minute of the game and losing by four.

That placed Laurentian in the quarter-finals against Toronto. The team put in a gutsy road performance, winning the game handily and moving on to the semi-finals. The semi-final was a rematch of the semi-final from a year



Kris Harris / LAMBDA

The women's basketball team had a successful year, but came up just short of making it to nationals. With several key players leaving the team, it will be difficult for the Lady Vees to repeat their good results.

earlier, against Ottawa, and the Lady Vees were looking for redemption.

Unfortunately, the team came up a few free-throws short of winning the game and a national tournament berth, losing by six points and putting a disappointing end to a great season. The Lady Vees were well-represented in the individual awards, however, winning three of the possible four.

Cassandra Carpenter was definitely the star of the team, and she was rewarded for her efforts. She became only the second player in league history to win both the Player of the Year and Defensive Player of the Year awards in the same season, maintaining her dominance of the hard court. Graduating team captain Tierney Hoo also got in on the award action, winning the prestigious Joy Bellinger award for sportsmanship, academia and community involvement. Carpenter obviously got a first-team all-star nod, and Hoo got on the second team. Rookie Amanda McConnell rounded out the awards for the Lady Vees by being added to the all-rookie team.

With five players graduating, the team will have to rely more on its bench players from this year. The recruitment process has also already begun; a few top prospects have already committed to Laurentian, and the team will look to rebuild quickly to compete next season for an OUA championship.

Men's basketball

The Voyageurs basketball team had an average season, on par with their expectations; the streaky team was on a rollercoaster ride of ups and downs throughout the year. The season started poorly for the unit as they lost their first five games. But, with grit and determination, they managed to bounce back and beat some pretty good teams. At the midway point of the season, the Voyageurs had improved their record to 3-7.



Kris Harris / LAMBDA

The men's basketball team had a disappointing season this year. They will look to bounce back with a better showing next season.

However, the team came out flat to start the second half, and went on another five-game free fall. After that, the team woke up and played much better, winning five of their last seven games to finish in sixth place in the East with an 8-14 record.

They were faced off against the always-tough Ottawa Gee-Gees in the first round of the playoffs and, despite working extremely hard, found themselves on the bottom end of a 79-65 score, thus eliminating them from the playoffs.

Standout Ben Palmer was named to the second all-star team for his efforts. Palmer will be returning to the team next year, and will have to continue his strong inside game if the Voyageurs are going to succeed. Graduating point guard Andy Greig made a name for himself by setting a new career CIS record for free-throw percentage. Greig made an astounding 92.75 per cent of his free throws over his five-year career, obliterating the former record.

Without Greig, the team will be forced to spend a lot of time recruiting if they hope to improve on this year's results.

Nordic skiing

The last team to begin its season was also the last team to finish this year. The Nordic ski teams had a very successful run this year, adding to its already impressive totals.

In the first race of the year, Laurentian had some good results; for the women, Emily Morel took third place overall, and Carley Kenwell finished in sixth spot, while the men were led by Paul Lammens, who finished sixth, and Phil Wood, who took home seventh.

In the second race, veteran Rob Bewick managed to bring home the silver medal, and Wood finished in ninth for the men. For the women, Morel and Kenwell both had impressive finishes.

After those races came the OUA Championships, where the men's team had two strong performances once again. Bewick continued to dominate, winning three silver medals at the event, while Wood finished sixth in the overall standings. For the women, Morel won a bronze medal in the first race and took fourth overall, and Kenwell was awarded seventh place in the overall standings. As a team, the men won the silver and the women took the bronze at the provincial championships.

The teams then sent four skiers to the national championships in B.C. Unfortunately, due to poor weather conditions, the meet could not be completed, but Bewick still managed to win the bronze medal in the 15-kilometre pursuit event, putting a cap on an excellent season and career. Bewick, as well as Morel, will both be graduating this year, leaving a few holes on the strong team.

TECHNOLOGY

Bright future for researchers at LU

BY LUKE NORTON

Sudbury is a prime location for scientific research according to Dr. Greg Baiden, Director of Laurentian's School of Engineering, who also believes that the future for research in the area is bright.

He feels the "collection of very talented people mentoring the next generation" here at Laurentian has helped foster this rich environment, and has positioned the university to do some really interesting research and to start making some larger contributions to the world.

Another set of doors that will contribute to the future of research here will open in this fall when the new chemical engineering lab being built in the Fraser building is finished. The new \$419,000 lab will be state-of-the-art, and Baiden believes, one of the best in Canada.

Laurentian's new PhD program in Natural Resources Engineering will also play an important role in the future of research at Laurentian, by opening up research at the university to all of the natural resource areas possible in northern Ontario.

"Sudbury is very natural resources oriented. It has everything from forestry, water management, and agriculture to mining and industry."

Also, students from a wide number of faculties can take a Master's or PhD programs in Engineering, which he says is creating a diversity of knowledge that is adding to the research being done here.

"Traditional engineering is dovetailing out into new areas like nanotechnology and polymer research

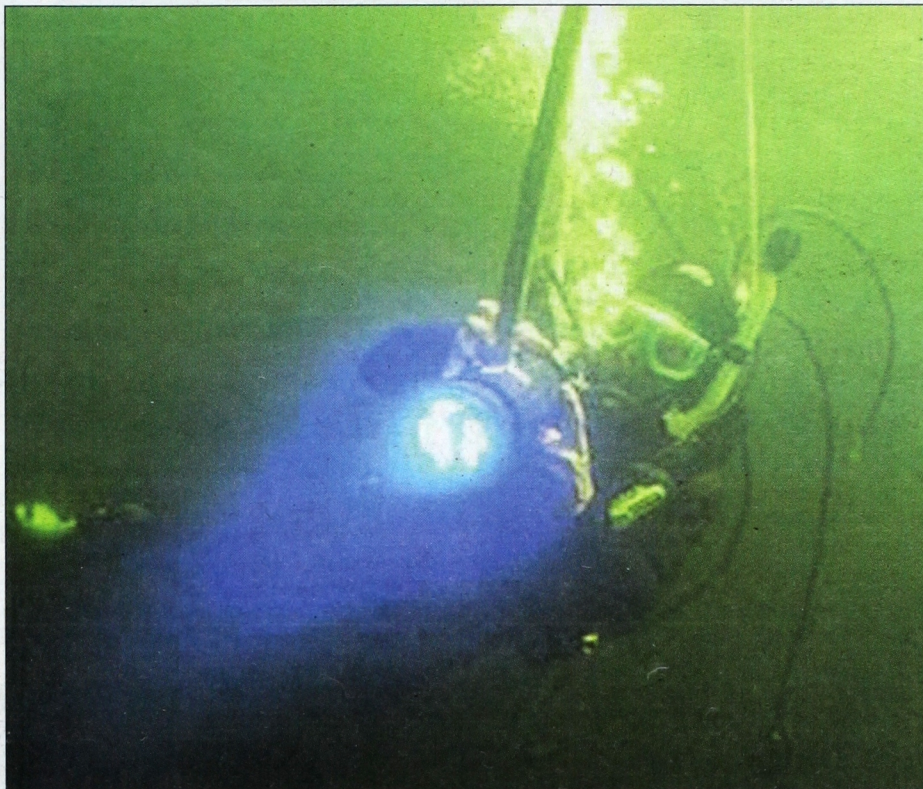


Photo Supplied

Research like Dr. Greg Baiden's work on optical communication takes advantage of Sudbury's natural features

and over time the technologies will start to branch out from mining to other areas like medical or space and underwater research."

The city's natural environment is particularly beneficial to researchers because the area offers a number of unique environmental features that set it apart, such as the unusually high number of lakes that make the city an

ideal location for underwater and biological research.

Sudbury also contains some of the highest grade nickel deposits in the world, and has produced the bulk of the world's nickel supply. This position as a mining leader gives the city an expertise that is getting passed on to researchers and their students. "We have a natural laboratory sitting right

in front of us, waiting for us to use and learn from."

Close collaboration between Sudbury's industry and educational institutions continues to grow, and gives students access not only to the city's tremendous expertise, but to its equipment, research facilities, and ultimately good salaries as well.

"These collaborations create new technology for companies," says Baiden, "creating new marketplaces for themselves and jobs for our graduates."

Local industry such as mining can also be an important source of funding: INCO, one of the largest mining companies in the world, recently donated \$2 million and some equipment to Laurentian for drilling research projects.

Getting assistance in winning government research funding may also be getting a little easier, as representatives from all three levels of government begin to realize the importance of research in Sudbury. Baiden believes they are starting to work together and are lobbying to help ensure that research here continues to grow.

"They can say 'look, we have expertise in Sudbury, and we should be building on it by providing the resources to have it grow'...it is part of the future of our economy".

Another collaboration that research here is particularly benefiting from is the relationship Laurentian has with Cambrian College. The School of Engineering works closely with the college, and the joint labs related to Baiden's own research in telerobotics are an example of this.

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TECHNOLOGY

MIRARCO offers student opportunities



Luke Norton / LAMBDA

Shown above is one of MIRARCO's state-of-the-art labs in Subdury.

BY LUKE NORTON

Students of all levels of study can take advantage of the opportunities offered by the Mining Innovation, Rehabilitation and Applied Research Corporation (MIRARCO), a not-for-profit R&D institution operating in close collaboration with Laurentian University.

"We're looking for hard working people who want to do more with their education than simply attain a degree," says Jane Djivre, MIRARCO's Business Services Officer. "We're just starting to develop our niches and now with the PhD programs there are opportunities available for students from Computer Science, Commerce, Engineering, Biology, Chemistry, and Biochemistry."

Each year, MIRARCO supports graduate student-based research for qualified students working on Masters or PhD programs with their Graduate Research Program. They also offer Graduate Student Internship Programs in computer systems and software development, mining and civil engineering, technology development, and environmental R&D.

The internship programs can last between four months to a year, and can lead to full-time employment. MIRARCO also offers summer work programs, work study terms, and co-op programs that are also available for students at the

undergrad level. Further to this, most of the Directors for MIRARCO's different divisions are cross-appointed, which means that the students studying under them can receive a designation from another university like Queen's or the University of Toronto.

According to Djivre, many of the people working for MIRARCO are graduates of Laurentian, and the institution allows students to gain vital practical experience right here on their own campus. In addition, students can also access some of MIRARCO's state-of-the-art equipment and facilities.

"There are millions of dollars worth of research infrastructure that we are making available to Laurentian professors, researchers, and students," Djivre says.

One example of this is MIRARCO's \$150,000 design and training facility whose eight high-end computers allow fourth-year and Masters students to process large amounts of data for their thesis or research work.

MIRARCO has an impressive record of student-based research, having already worked with over 40 post-grad students alone. MIRARCO is the umbrella identity of three separate and distinct research centres, all sharing an excellent record of providing students with world-class opportunities.

MIRARCO's Centre for Environmental Monitoring (CEM)

has 13 Masters students from chemistry, biology, and biochemistry, and boasts three NSERC Industrial Postgraduate Scholarship (IPS) winners and two NSERC Undergraduate Student Research recipients. The three IPS winners, Lisanne Desbiens, Angela Keefe, and Tanya Peron, are all M.Sc. Biology students at Laurentian.

In addition to NSERC funding, graduate students studying at MIRARCO can also be eligible for Graduate Teaching Assistantships, GRC Scholarships, summer research scholarships, Ontario Graduate Scholarships, and even funding from MIRARCO itself.

MIRARCO also offers weekly engineering seminars by guest industry lecturers, graduate students, faculty, and research staff. These technical presentations cover the full range of engineering disciplines, and are open to anyone in the academic and industrial community. The seminars occur every Thursday in room F228 (Fraser Building) from 4:40pm to 5:30pm.

To see the schedule for upcoming seminars, refer to www.mirarco.org/engseminars/index.htm. For more information on MIRARCO, its divisions, or to book a free tour of MIRARCO's facilities, please visit www.mirarco.org. For specific questions, or to check you eligibility to access the computer facility, send an email to info@mirarco.org.

LU claims technology award

During the IP World Canada 2004 conference, held in Toronto, Laurentian University was presented the Innovative IP Communication Solutions and Early Technology Adoption Award. This conference featured industry leaders, noted futurists, consultants and analysts who are making IP-based communication a business reality.

Accepting the Innovative IP Communication Solutions and Early Technology Adoption Award on behalf of the institution were Ms. Johanne Rioux, Director of LU's Instructional Media Centre and Telecommunications, and Mr. Bill Sandblom, Director of LU's Computer Services. Ms. Rioux and Mr. Sandblom were also speakers at the conference.

With this award, Laurentian University is recognized for having successfully implemented a Voice Over IP telephone system to over 1,300 users. Laurentian was the first university in Canada to fully integrate a Voice Over IP telephone system and implement all features through the computer network. This Nortel Networks system, which runs on the University's computer network lines, allows users to access the phone system via email and Internet and vice versa. It counts several advantages and features such as a unified messaging, text-to-speech, and voice recognition.

"Laurentian is among a select group of institutions to successfully integrate a very sophisticated phone system with voice recognition that runs completely over the computer network. It is definitely the system of the future and the users will greatly benefit from numerous technological advantages," explained Ms. Johanne Rioux, director of LU's Instructional Media Centre and Telecommunications.

Laurentian University has quietly become a leader among Ontario universities in its integration of multiple communications and networking technologies into classrooms, student areas and other parts of the campus.

For more information, please call Ms. Johanne Rioux, Director of LU's Instructional Media Centre and Telecommunications, at (705) 675-1151, ext. 2301, or Mr. Bill Sandblom, Director of Laurentian University's Computer Services, at (705) 675-1151, ext. 2277.

SGA UPDATE

What Can the SGA Offer You?

The Students' General Association is the largest student union at Laurentian University, serving 4,000 members.

The SGA is also the only student association on campus to offer bilingual service

What services does SGA offer?

- Fax Service
- Purolator Courier at discounted rate
- Funding for recognized clubs
- IMAGINUS Poster Sale
 - Student Centre
 - Lambda Newspaper
 - CKLU 96.7 FM Radio
- Students' Commons Room
- Pub DownUnder (owned and operated by SGA)
- SGA Scholarships and Bursaries
- 24 hour Photo Developing
 - Grocery Bus
 - Grad Photography (SGA pays sitting fee)
 - Free Legal Advice (2 times per term)
 - Income Tax preparation service
 - Student advocacy and...
- many, many more

What events does the SGA hold?

- Frosh Week
 - Frosh Week concert
- Speakers (including Sue Johanson)
- Curling and bowling tournaments
 - Movie nights
- Pub nights and special Pub events
- National Students' Week of Action
- Financial Awareness Week
 - Aids Awareness Week
 - Alcohol Awareness Week
 - Public Forums and debates

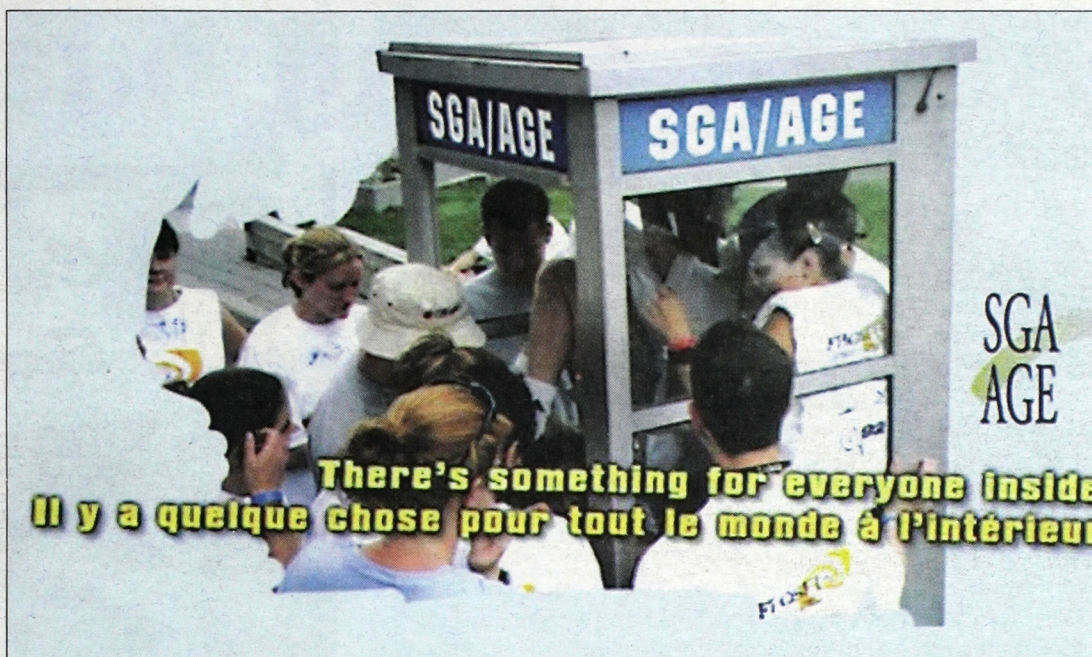
How do I become a SGA member?

To become a SGA member, fill in the yellow sheet that will be sent to you as part of your registration package, or you can e-mail us at:

sga@sga.laurentian.ca

(705) 671-1151
Ext. 6547

(705) 673-6547



Great year ahead for SGA



LUKE NORTON

Hello prospective Laurentian students! My name is Luke and I am this year's President of the Students' General Association/ Association Générale des Étudiant(e)s (SGA/AGE). Since you have taken the time to start reading this, I'm going to assume that you are interested in the SGA/AGE and what we as a student union have to offer.

The SGA/AGE is the largest and strongest student union on Laurentian's campus, and provides a wide variety of services for its members. These services range from simple fax service, to putting on concerts and events for your enjoyment, and even a health plan. Aside from providing these services, the SGA/AGE plays an important role in defending your

rights as students, with representatives sitting on all of the important committees and groups around the university.

The SGA/AGE also acts as an advocate on your behalf, and is here to help you with any problems you might have, be it a dispute with a faculty member, or something as simple as finding your way around. We do all of these things so that life at Laurentian is as easy and worry-free for you as it possibly can be. Sadly, we cannot write your exams or term papers for you, so some of the work is still left up to you!

We here at the SGA/AGE are committed to putting on as many great events as possible to keep you entertained. Our VP of Services is elected every year and is required to put on a number of social events throughout the school year. Some of the events you can expect from this year's excellent VP, Shanna Denis, include a masquerade Charity Ball; a giant poster sale; guest speakers including the famous Sue Johanson (host of Sex With Sue); a winter carnival; and a host of frosh week activities, including a great concert and our immensely

popular Beach Day, a day of fun, games, and food, all on Laurentian's very own beach!

The SGA/AGE also has a large number of clubs for you to join. Ranging from academic (such as the English Arts Club or the History Society) and political (all major parties are represented), to cultural (such as the Laurentian University African-Caribbean Student Association) and the just plain fun (such as anime clubs, outdoor recreation clubs, and language clubs). Wherever your interests may lay, we've got you covered.

The SGA/AGE's office in the Students' Centre, located in the heart of the university campus, has a number of services available for you. Aside from the fax services already mentioned, we offer 24 hour photo developing, a Purolator courier, a food bank, an income tax preparation service, mall and grocery buses for students in residence, and a games room where you can sit down with friends or have a great time playing pool or a host of other games.

We exist to serve all of your needs as students,

The SGA/AGE remains the largest and strongest association representing students at Laurentian for the past forty-three years.

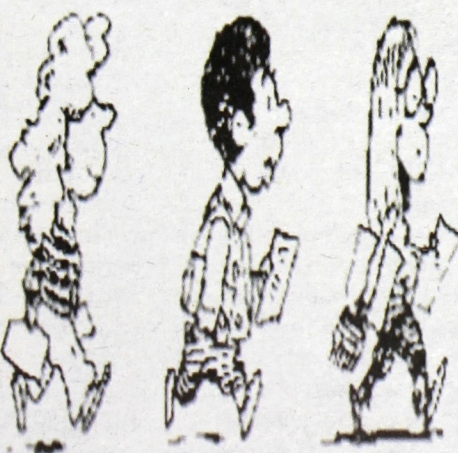
Broadly stated, the purpose of the SGA/AGE is to provide comprehensive representation, services, cultural enhancement and entertainment to the student body at Laurentian University. Funded by its student members, the SGA/AGE is a collective voice and its resources apply to students' needs and interests, as well as existing to promote the welfare and desires of its student members. Through input into academic planning, procedures and policy at Laurentian the SGA/AGE provides political representation for students at the institutional, municipal, provincial, and federal levels of government.

from the social to the academic. The SGA/AGE is run by students for students, and it is held accountable to us, the students. Check out our website at sga.laurentian.ca, where you can learn more about what we're about, as well as what you can expect from us in the coming year. If you have any further questions you would like answered about our association, or about student life at Laurentian in general, I encourage you to email me at sgapresident@laurentian.ca.

I wish you all the best in your search for the school that will be your home for the next four years. I certainly recommend that you take a solid look at Laurentian University, for I believe that it is a fine school that has a tremendous amount to offer to you. Should you choose Laurentian, I further hope that you will pick the SGA/AGE as your student association. So on behalf of the SGA/AGE Executive and its Board, I wish you a great summer. I hope to see you here in the fall!

Luke Norton
President,
SGA/AGE

SGA
AGE



SGA UPDATE

The cost of doing business

BY KRIS HARRIS
LAMBDA STAFF

Not many of us spare even a passing glance at the break-down of our tuition fees; there are just too many individual charges to properly assess where our money is going.

But, with the Students' General Association elections looming, it is imperative that each voting student knows how his or her money is spent, especially that which goes into the SGA fund.

And that's where this story comes in.

Tuition costs for a full-time student at Laurentian for the 2004-2005 academic term totalled \$4,184 for most programs. In addition to that, each SGA student had to pay another \$336.90 in compulsory incidental fees to attain affiliation with the association.

But, where does that money go?

Well, the bulk of the levy is split into two areas: athletics and the student government itself. The athletics fee of \$85.95 is straightforward enough; it's used to maintain the facilities in the Laurentian gym, including the weight room, swimming pool, and gymnasiums, which are available for use to all full-time students at no charge. A small percentage of this fee is given to the varsity program.

The SGA portion is where things get a little tricky. Each SGA student has to pay \$96.00 to the association, which is then split up in the following manner: Lambda, the student newspaper, gets \$10, and CKLU, the on-campus radio station is given another \$10. Affiliation with the Canadian Federation of Students costs another \$11, and one dollar from everyone's student levy is awarded to each of the following: the Women's Centre, the Walkhome program

and the World University Service of Canada, an interesting program which helps bring refugees to Laurentian to get an education. The remaining \$62 is used to pay the salaries of the members of the student government, the people who win the positions in the upcoming election, as well as maintain the SGA offices and pay for SGA events, like Frosh week, throughout the year.

These two taxes make up a total of \$181.95; the next expensive fee is a result of the SGA health plan, which runs each student another \$65. This includes a rebate on most prescription drugs, plus the athletic therapy clinic. The health plan levy is the only one of the compulsory fees that a student can opt out of; everyone must pay the fee first, however, and they will be refunded if they choose to opt out of the plan within the first few weeks of school.

The Student Centre levy runs another \$35; this charge is likely to be lowered as the cost of the construction of the centre is now fully paid off. A smaller fee will likely replace it to help with maintenance. The universities health services costs \$20, which keeps a doctor and nurse on-campus at all times.

The graduation fee and student card fee are lumped together, adding up to \$11, saving students from having to pay additional fees when they are ready to graduate. \$10 is given to any college or professional school that the student is affiliated with, to help that school pay for any special events that they have planned. Off-campus housing and the phys-ed upgrade fee both get \$5 of the levy, and the final charge is a four-dollar fee for life insurance, which includes dismemberment, rounding out the total at the \$336.95.

So now you know.



Your SGA fee goes towards all of the great services that the association is able to offer you!

The roles and responsibilities of the SGA/AGE

The SGA/AGE is the largest and strongest association on campus representing students at Laurentian for the past forty-three years. Broadly stated, the purpose of the SGA/AGE is to provide comprehensive representation, services, cultural enhancement and entertainment to the student body at Laurentian University.

Funded by its student members, the SGA/AGE is a collective voice and its resources apply to students' needs and interests, as well as existing to promote the welfare and desires of its student members.

Through input into academic planning, procedures and policy at Laurentian the SGA/AGE provides political representation for students at the institutional, municipal, provincial, and federal levels of government.

The SGA/AGE offers a multitude of useful and attractive services for its student members. Included amongst these are the SGA/AGE Health Plan, the Pub Downunder, the Student Handbook, Frosh Activities, CKLU (student radio station), LAMBDA (student newspaper), and the Walkhome.

Overall the SGA/AGE is an



organization that exists for one main reason - to serve the students!

The SGA was formed in 1962 because students of Laurentian University recognized the need to speak with a singular voice in asserting the needs and concerns of members. The basic aims of the association are:

- To foster a united student movement among Laurentian students regardless of gender, race, religion, colour, ethnicity, language, nationality, geographical location,

sexual orientation, ability or age;

- To promote the interests and welfare of our membership and our community on a democratic and co-operative basis; to unite our membership to discuss and co-operatively achieve necessary educational, administrative or legislative change wherever decision-making affects students;

- To facilitate co-operation among students in organizing services which supplement our academic experience, provide for our human

needs, and which develop a sense of community with our peers and with other members of society; and

- To strive towards, and ultimately attain a high quality, accessible education, which recognizes the legitimacy of student representation, the validity of student rights, and one whose role in society is recognized and appreciated.

The Students' General Association also exists to perform the following functions:

- To represent, promote and defend the common interests of the students of Laurentian University at all levels of decision-making;

- To promote awareness of university, community, provincial, national and international issues affecting students and initiate action in response to said issues;

- To develop, initiate and support services which benefit the membership of the SGA/AGE; and

- To provide assistance to student clubs, associations and councils, financially or otherwise, in attaining objectives shared with the SGA/AGE.

It is for all of these reasons, and many more, that you should get out to vote.

The City of Greater

Sudbury

SPECIAL SECTION

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WELCOME TO SUDBURY



Few cities in Ontario offer such a blend of urban amenities, accessible outdoor recreation and friendly hospitality.

Rich History

Sudbury's modern history was set in the hard rock of the Canadian Shield when Prime Minister John A. MacDonald's vision of a transcontinental railroad carved its way westward and established the small settlement of Sudbury Junction in 1883. While the area's dense forests of towering pine, birch and maple attracted thousands of loggers, in the long run, Sudbury would owe its prosperity and rapid growth to the rich minerals embedded in the Sudbury Basin.

Diverse Culture

Sudbury is situated within traditional Ojibway lands, and surrounded by many First Nation communities including Whitefish Lake and Wahnapiatae First Nations. Its multicultural and multilingual fabric is shaped by people of many different ethnic origins including Italian, Finnish, Polish, Chinese, Ukrainian and Croatian. It has the third largest francophone population in Canada outside of Quebec. Together, these influences make Sudbury one of Ontario's most culturally diverse centres.

Regional Capital

While mining remains a major influence on the local economy, Sudbury has evolved into a dynamic and diverse regional capital which functions as the service hub for all of northeastern Ontario. It has established itself as a major centre of financial and business services, tourism, health care and research, education and government.



NICKEL CITY STORIES

Throughout this guide, you'll discover Nickel City Stories – brief descriptions about people, places and things that make Sudbury a special place to live and a fascinating place to visit.

Did we mention that Alex Trebek, host of *Jeopardy*, went to school here?

sudburytourism.ca



Photo By Debbie Sauve

Centre for Education and Health

The City boasts three post-secondary institutions - Laurentian University, Cambrian College, and Collège Boréal. The Sudbury Regional Hospital is one of the largest in the province. Combined with the Northeastern Ontario Regional Cancer Centre and the Northern Ontario School of Medicine, Sudbury is the main provider of health services in northeastern Ontario.

One of Ontario's Most Popular Destinations

Today, visitors of all ages are discovering that Sudbury is a special place to kick back, relax and enjoy major attractions, cultural celebrations and outdoor adventure.

And there is no better time than the present to share our accomplishments and successes as Sudbury welcomes the world to 2005 Sudbury Homecoming.

We look forward to your visit.



Quick Facts

With a population of 155,000, the City of Greater Sudbury is the largest city in Northern Ontario.

It covers an area of 3,627 sq km (1,400 sq mi.).

There are a total of 330 fresh water lakes within the city – 30 within the urban core.

Sudbury has the third largest francophone population in Canada outside of Quebec.

The Sudbury Structure is a famous geological feature that hosts one of the largest concentrations of nickel-copper sulphides in the world.

The Sudbury Basin, 27 km (17 mi.) wide, 60 km (37 mi.) long and 15 km (10 mi.) deep, is believed to have been formed by meteorite impact 1.8 billion years ago.

Sudbury is home to the largest integrated mining complex in the world.

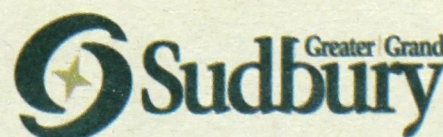
There are 5,000 km (3,107 mi.) of mining tunnels under the Sudbury area. Placed end-to-end, you could drive from Sudbury to Vancouver underground.

The Inco Superstack is 381 metres (1,250 ft.) tall.

When it was built in 1971, it was the tallest freestanding structure in the world.

The CN Tower in Toronto is 553 metres (1,815 ft.).

Sudbury has received numerous awards for its aggressive land reclamation program, including a United Nations Local Government Award and the United States Chevron Award.



THINGS TO SEE & DO

With one of the largest concentrations of attractions and events in Ontario, Sudbury is emerging as one of Ontario's most popular travel destinations!

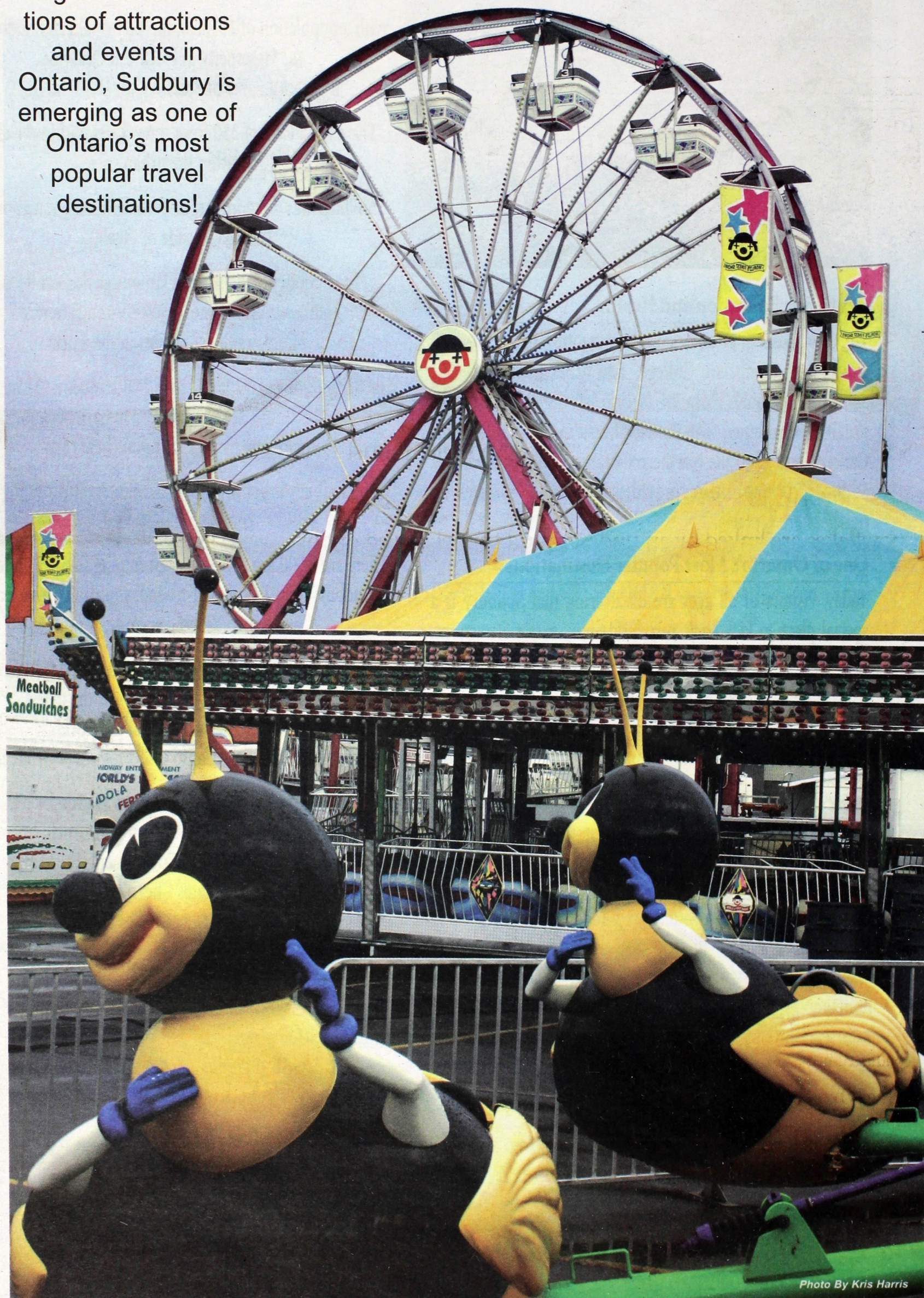
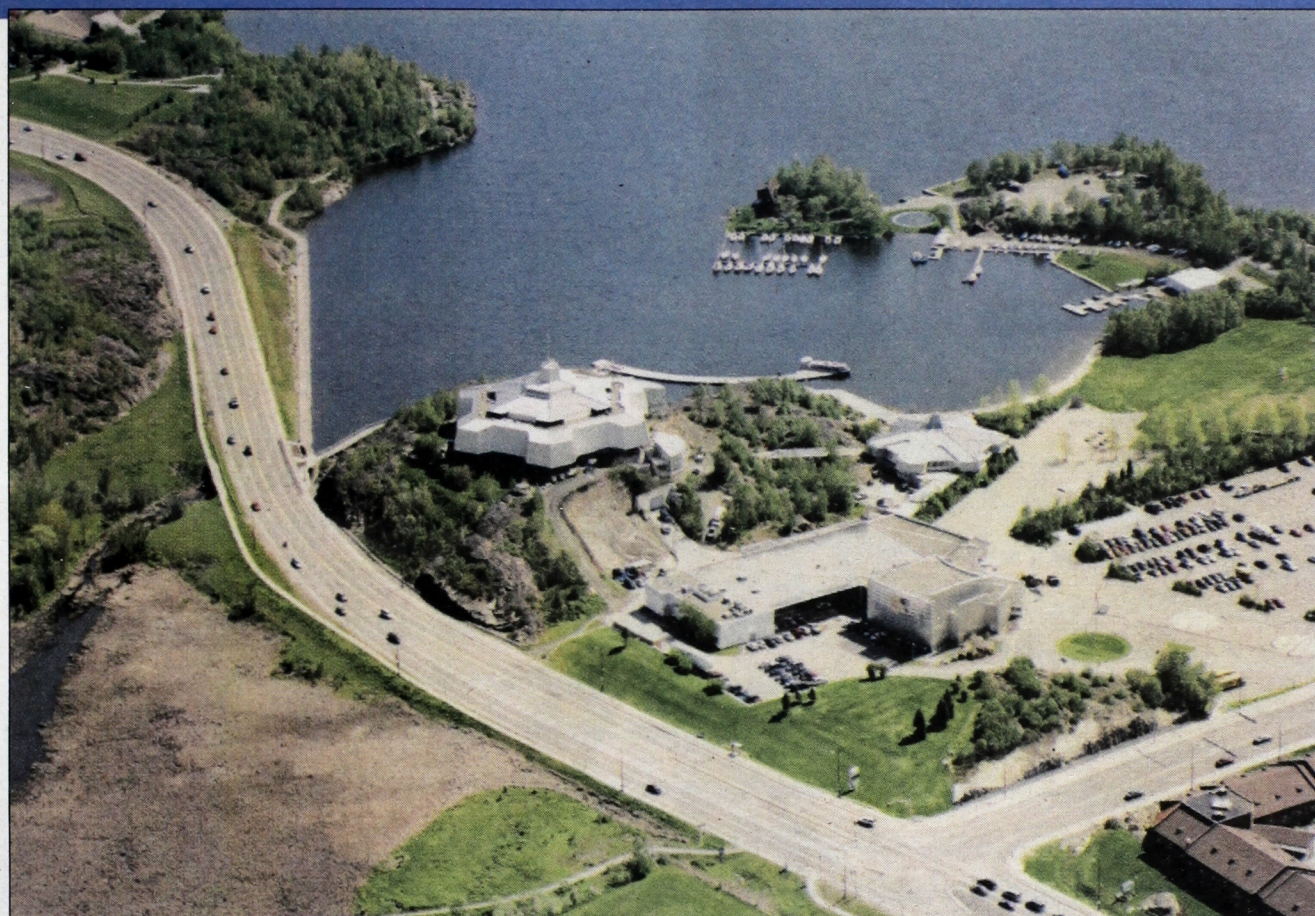


Photo By Kris Harris

SCIENCE NORTH



A fun
family
attraction
for curious
minds of
all ages

Science North is Northern Ontario's most popular tourist attraction. An architectural wonder, its two giant stainless steel snowflakes are linked by an underground tunnel carved out of two-billion-year-old rock.

Science Centre

Can you experience science and have fun at the same time? The answer is a resounding YES! Find out how as you and your family explore four floors full of engaging, hands-on exhibits and interact with our friendly resident Bluecoats.

You'll get up close to a porcupine, a beaver and flying squirrels, build a robot in the LEGO® *Mindstorms Robotic Lab*, manipulate a life-sized replica of the Canadarm, discover how your body 'ticks' in the new *BodyZone*, and walk amidst hundreds of free-flying tropical butterflies in the *F. Jean MacLeod Butterfly Gallery*.

Object Theatres

The Science Centre's groundbreaking Object Theatres use film, lighting, special effects and objects to bring science to life in an innovative and entertaining way. The *Climate Change Show*, narrated by Canadian comedian Rick Mercer, recreates a thunderstorm and climate change right inside the theatre. The *Secrets from The Sun* show celebrates the breakthrough research being conducted by the Sudbury Neutrino Observatory.

Wings Over the North

'Fly like the wind' in the dramatic Inco Cavern, one of Canada's most unique specialty theatres. Its soaring rock walls and giant 70-mm film screen provide a dramatic backdrop for our exciting 4D show *Wings Over the North: A 4D Bush Plane Adventure*. Join long-time pilot Ron and his canine co-pilot Charlie and experience all the sights, sounds and sensations of real vintage Beaver bush plane flight – all with two feet on the ground!

All of these exciting experiences are included with Science Centre admission.



Debbie Sauve

sciencenorth.ca

SCIENCE NORTH  SCIENCE NORD
SUDBURY



Photo By Debbie Sauve

Save on
admission to
**Science North &
Dynamic Earth**
with a
**DYNAMIC
DUO PASSPORT**

See page 11 for details

sciencenorth.ca

1-800-461-4898

or **705-523-4629**

*Enjoy
fine dining at
Science North*



Photo By Debbie Sauve

IMAX™ Theatre

Science North's 200-seat IMAX theatre features unobstructed stadium-style seating, a five-storey high screen and 7,600 watts of digital surround sound. The combined effect creates a sense of 'being there' as you're engaged in giant-screen film adventures.

Virtual Voyages Adventure Rides

Fasten your seat belt and prepare for the ride of your life as motion simulator technology moves you in sync to action packed adventures on the big screen.

Cortina Cruise

Embark on a one-hour tour of Ramsey Lake aboard the Cortina. Docked next to Science North, the 70-passenger cruise boat is fully-enclosed with a licensed snack bar. Operates mid-May to late September.



The Royal Treatment

Sudbury has hosted four generations of the Royal Family.

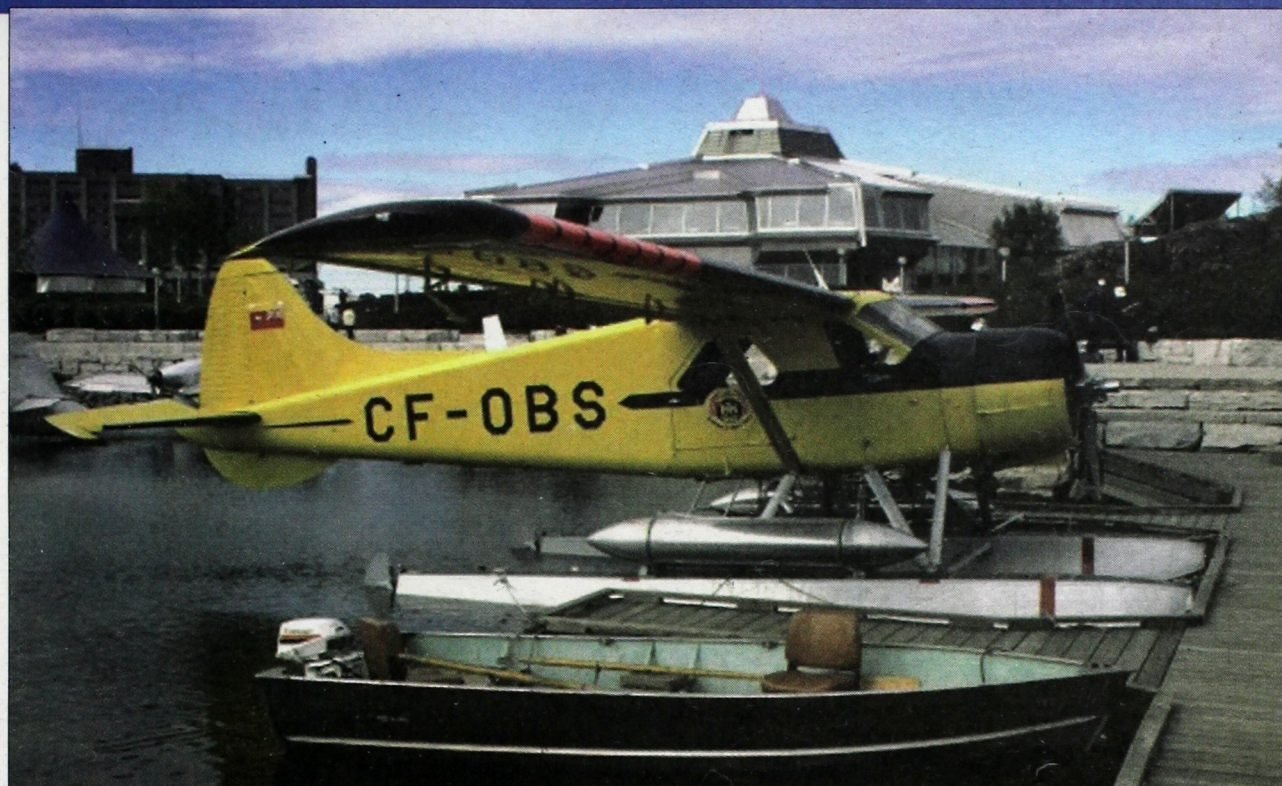
King George VI and Queen Elizabeth visited Sudbury in 1939. The Queen Mother was the first woman permitted to go underground at an Inco mine.

In 1984, Queen Elizabeth II, accompanied by Prince Phillip, officially opened Science North.

The Prince and Princess of Wales arrived in 1991. Princess Diana opened a new cancer care treatment center, Prince Charles visited Inco's industrial complex and Princes William and Harry played at Science North.

sciencenorth.ca

SCIENCE NORTH  SCIENCE NORD
SUDBURY



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**DYNAMIC
DUO PASSPORT**

See page 11 for details

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1-800-461-4898

or 705-523-4629

Speed (Until September 5)

A Science North Special Exhibition for 'Speedsters' of all Ages!

'Think fast' in *Speed*, Science North's new special exhibition. From racecars to roller coasters, *Speed* involves you in our fascination with the world of acceleration. Using cutting-edge research, you'll explore both the scientific and human qualities of going fast. Included with Science Centre admission.

Speed was developed by COSI Columbus with support from the National Science Foundation and in cooperation with the Science Museum Exhibit Collaborative.

Pulse Racing Giant Screen IMAX™ Adventures!

NASCAR: The IMAX Experience™

Fasten your seatbelt and put the 'pedal to the metal' as you experience speeds of more than 322 km/h (200 mph) with the magic of IMAX. Featuring the most competitive and skilled drivers and race teams in the world, this film captures the behind the scenes aspects of a sport that has unique family qualities.

Adrenaline Rush (opens May 2)

Adrenaline Rush: The Science of Risk explores the innards of risk taking in a wide and spectacular way. From the soaring and breathtaking cliffs of Norway to the calm and inspiring immensity of the Mojave Desert, from Thomas Edison's laboratory to a simple American schoolyard, *Adrenaline Rush* is more than a thrilling visual experience, it's an invitation to explore our inner selves and a statement that there is no such thing as having little courage.

Other IMAX films also available.

Fast Moving Virtual Voyages Rides

Shake, rattle and roll with the *LEGO™ Racers motion simulator ride*. As the daredevil young hero and his sinister opponent roar through the changing landscape, you'll experience the thrills and chills of the race right along with them. Dodge flying tires, feel the icy tingle of a flurry of snowflakes and see tire smoke waft up from the screen as your 'racecar' tears around the ever-changing track.

Other Virtual Voyages Adventure Rides also available.



DYNAMIC EARTH

Save on
admission to
**Science North &
Dynamic Earth**
with a
**DYNAMIC
DUO PASSPORT**

See page 11 for details

dynamicearth.ca

1-800-461-4898

or **705-523-4629**



Photo By Debbie Sauve

A fun family
attraction
that
**REALLY
ROCKS!**

Have a blast at Sudbury's newest attraction, Dynamic Earth. Take an unforgettable journey to the depths of the Earth and the far reaches of the globe. This interactive Earth Sciences Centre combines both above and below ground experiences.

The Inco Chasm Show

Board a glass-enclosed elevator and descend 7-storeys into an impressive rock chasm while viewing a state-of-the-art multimedia show. You'll witness the formation of the continents and the mighty forces of nature that continue to shape our planet and impact world cultures.

Underground Tour

Don a miner's hat, enter an underground tunnel, and witness the mining of our planet's precious cargo and the dramatic transformation mining techniques have taken over the last century. On a 45-minute tour, you'll witness the challenges faced by miners of the 1900s, experience a simulated dynamite blast, participate in various demonstrations, and learn about the telemine technologies of today.

Nickel City Stories

Take a seat in the *Generations Barbershop* and see *Nickel City Stories*, a fascinating account of the events that shaped Sudbury's 120-year history. Your host is Louie, a 'Sudbury-savvy' barber with an uncanny knack for story telling. Learn about the discovery of nickel, its global significance, and Sudbury's connections with the likes of Thomas Edison and the Apollo Astronauts.

Dynamic Earth is open seasonally from March through October.

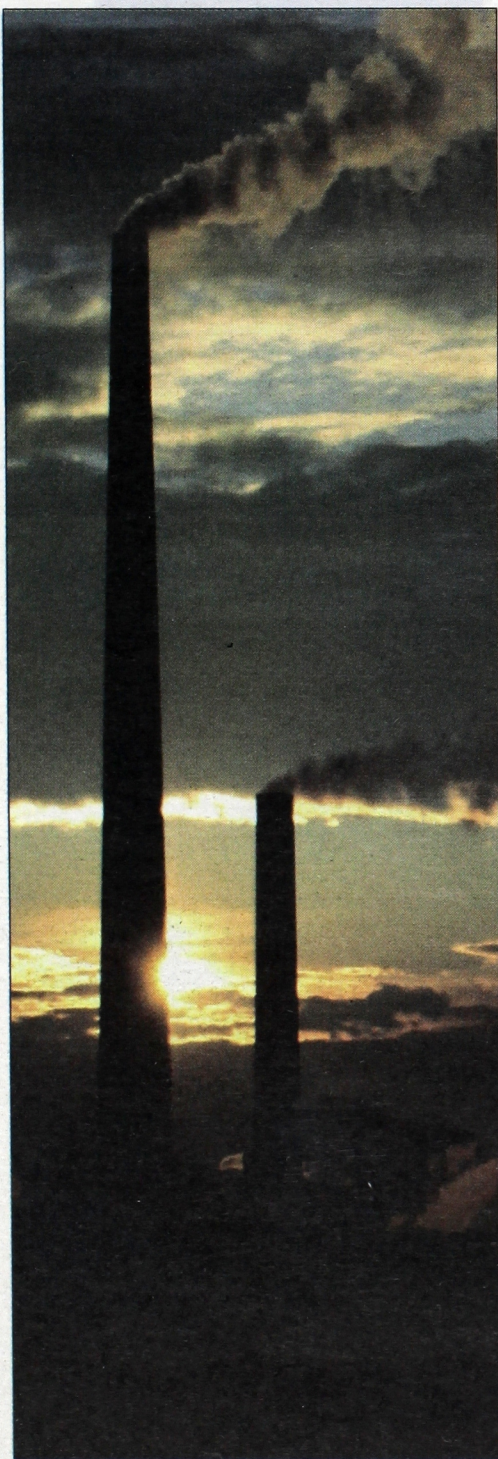


Photo By Debbie Sauve

dynamicearth.ca

Dynamic Earth  **Terre dynamique**
A Science North Attraction | Une attraction de Science Nord
SUDBURY



Save on
admission to
**Science North &
Dynamic Earth**
with a
**DYNAMIC
DUO PASSPORT**

See page 11 for details

dynamicearth.ca

1-800-461-4898

or **705-523-4629**

The Earth Gallery

Learn more about our planet—its internal structure and the forces that shape its surface. Create an earthquake and make a meteorite impact crater. Stand back and witness the formation of the Sudbury Basin by a massive meteorite nearly two billion years ago.

MacLeod Rock Gallery

This is where mining and geology *really* rocks! Identify rocks and minerals using geologist's tools, operate a remote-controlled locomotive or rockbreaker and monitor real time underground conditions in the *Mining Command Centre*. Children are introduced to the mining process as they play in the three-level *Explora Mine* with tools and equipment that are just their size.

The Big Nickel

Now that's one big chunk of change! This famous nine-metre (30 ft.) high tribute to nickel and Sudbury's significance as a world mining centre makes a great photo opportunity at Dynamic Earth.



The Land Before Time

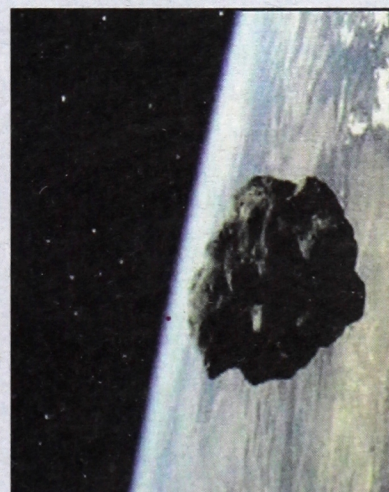
Scientists believe that the Sudbury Basin, 60 km (30 mi) long and 27 km (17 mi) wide, was formed as a result of one of the largest known meteorite impacts on the planet.

The force of the collision is thought to have been many times greater than all the explosions set off in human history.

The mineralization resulting from the impact is responsible for the rich mineral deposits that make Sudbury an important international mining centre.

The presence of shatter cones in the Sudbury Basin offer scientific evidence of this geological phenomenon.

Shatter cones and a reenactment of the meteorite impact are featured in the Earth Gallery at Dynamic Earth.



Photos By Debbie Sauve

Dynamic Duo Passport



Photo By Debbie Sauve

Save on admission to Science North and Dynamic Earth

Dynamic Duo Passports include:

Admission to **Science North's science centre**, and any combination of two (2) Science North IMAX[®] films and/or Virtual Voyages Rides.

Plus

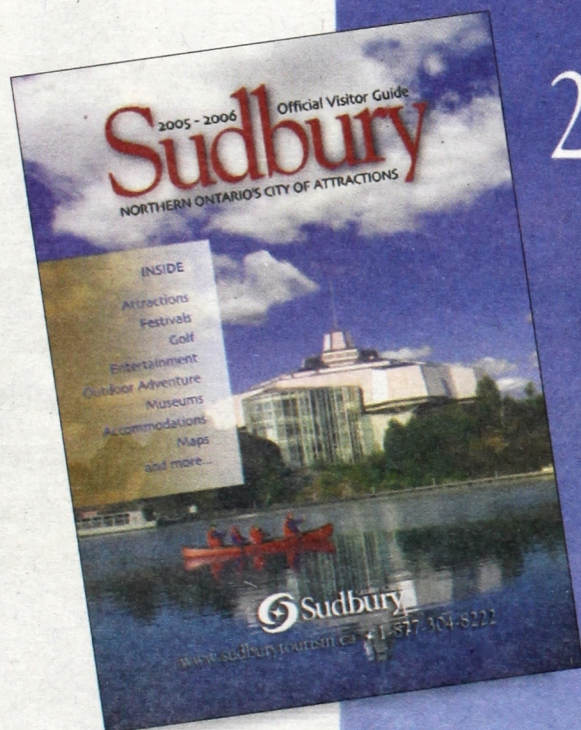
Admission to **Dynamic Earth**

Passports are available at Dynamic Earth and Science North and can be used for up to three (3) consecutive days.

For more information, visit **dynamicearth.ca** or **sciencenorth.ca** or call toll-free **1-800-461-4898** or **(705) 523-4629**.

Other packages are available

Stay at a partner hotel & save even more!



2005 Visitor Guide Contest

Enter monthly draws for tourism prize packages.

Visit

www.sudburytourism.ca

for details.

MAPS

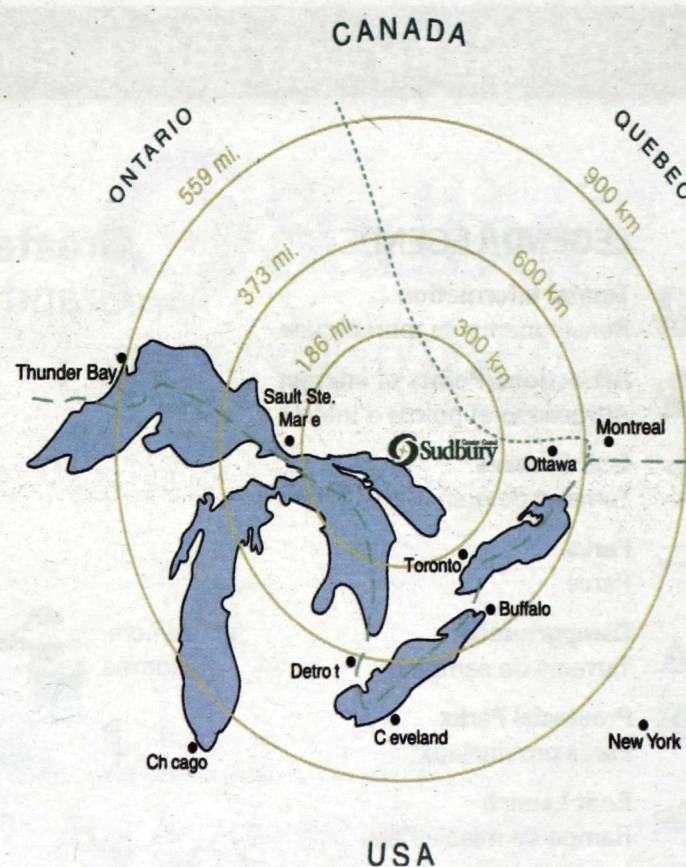
GETTING HERE

Sudbury is a four hour drive north of Toronto, three hours east of Sault Ste. Marie and six hours west of Ottawa. It is located on the Trans-Canada Highway with scenic access from all points in Ontario.

The Sudbury Airport is Northern Ontario's busiest with direct flights to Toronto, Ottawa and other Northern Ontario centres provided by Air Canada Jazz and Bearskin Airlines.

Passenger and freight rail services are provided by Via Rail and Canadian National and Canadian Pacific Railways.

Bus Transportation with daily Canadian and U.S. schedules are provided by Greyhound and Ontario Northland.



Location

Sudbury is located on the Trans-Canada Highway at the crossroads of Hwy. 17 and Hwy. 69:

299 km (186 mi.) east of Sault Ste. Marie

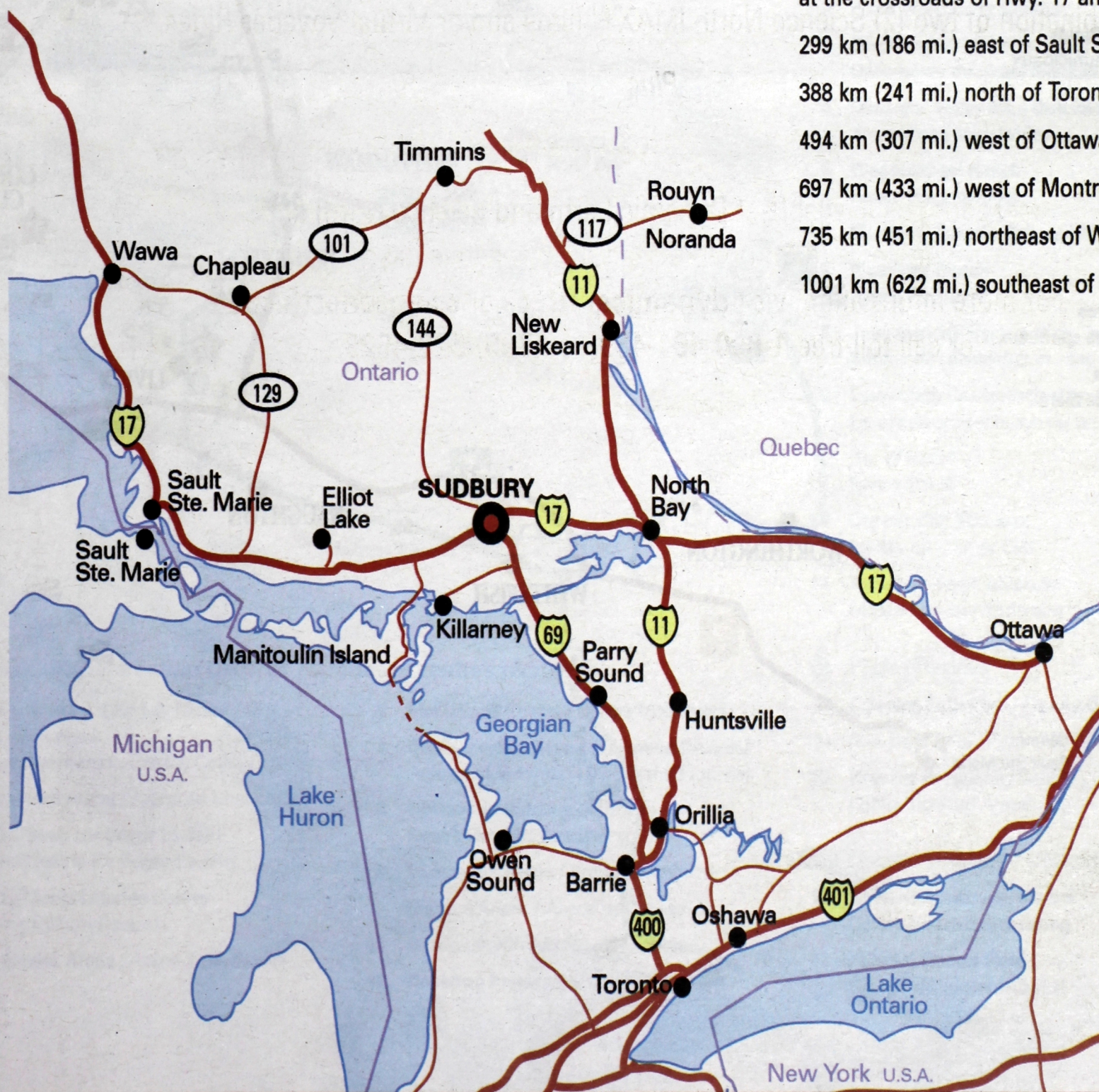
388 km (241 mi.) north of Toronto

494 km (307 mi.) west of Ottawa

697 km (433 mi.) west of Montreal

735 km (451 mi.) northeast of Windsor

1001 km (622 mi.) southeast of Thunder Bay



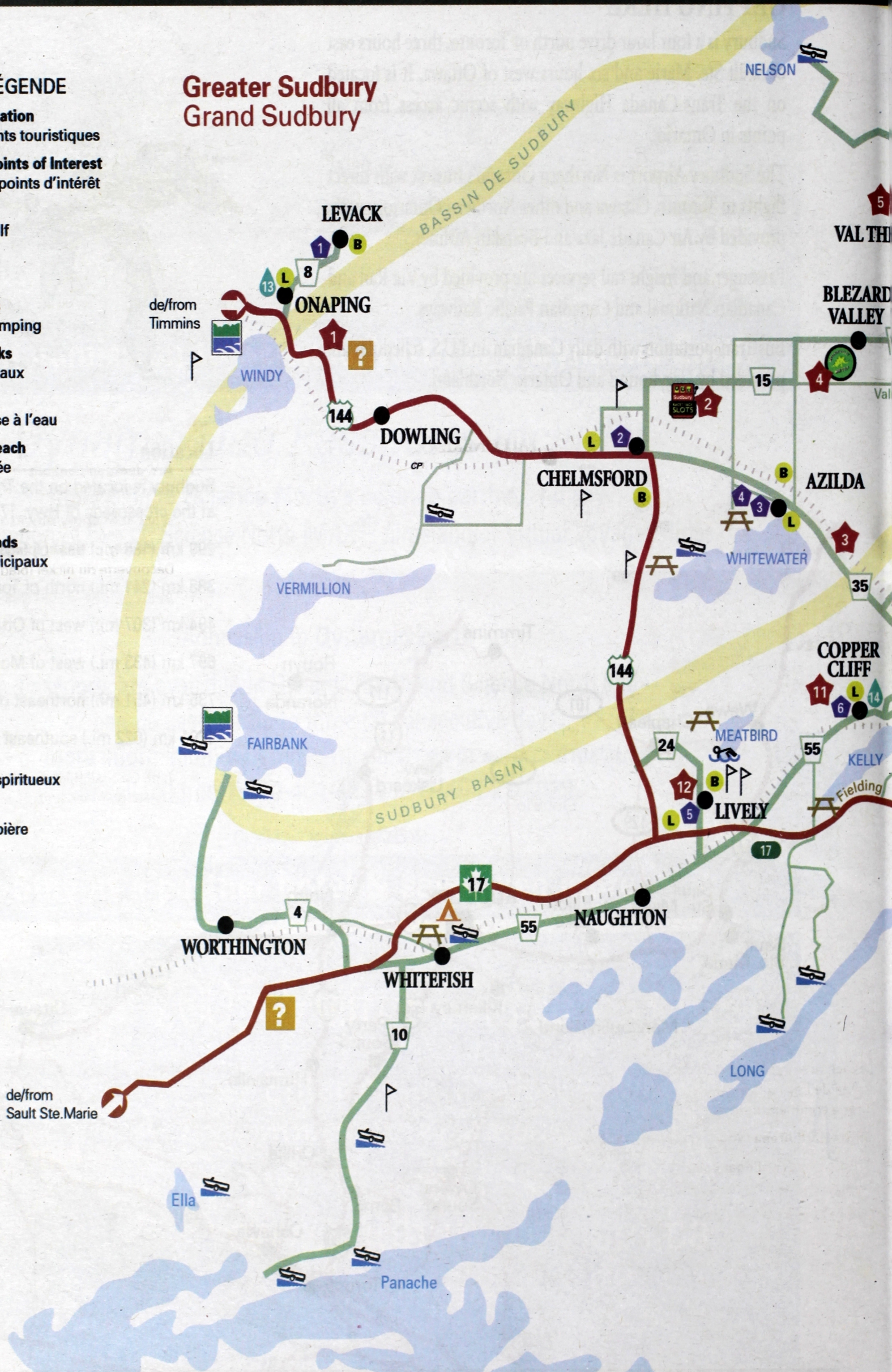
SUDBURY

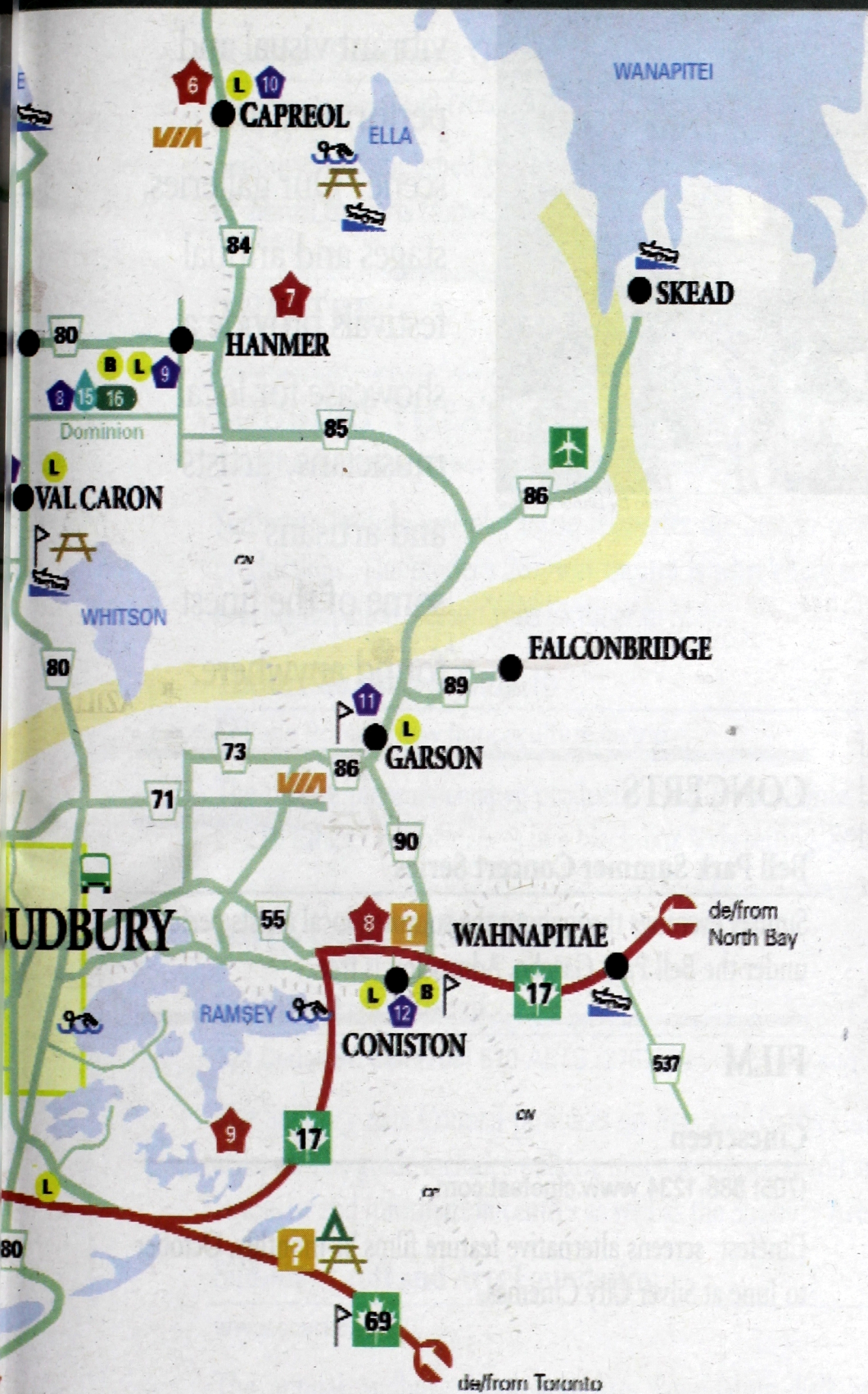
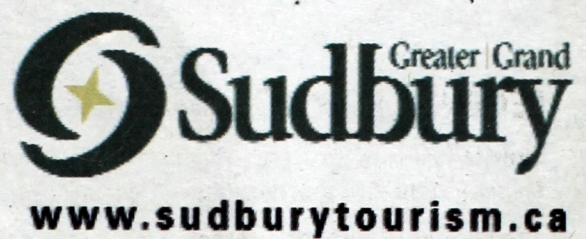
NORTHERN ONTARIO'S CITY OF ATTRACTIONS / LA VILLE DES ATTRACTIONS

LEGEND/LÉGENDE

-  **Tourist Information**
Renseignements touristiques
-  **Attractions/Points of Interest**
Attractions et points d'intérêt
-  **Golf Courses**
Terrains de golf
-  **Parks**
Parcs
-  **Campgrounds**
Terrains de camping
-  **Provincial Parks**
Parcs provinciaux
-  **Boat Launch**
Rampe de mise à l'eau
-  **Supervised Beach**
Plage surveillée
-  **Highways**
Routes
-  **Municipal Roads**
Chemins municipaux
-  **Airport**
Aéroport
-  **Hospitals**
Hôpitaux
-  **Train**
-  **Bus**
Autobus
-  **Liquor Stores**
Magasins de spiritueux
-  **Beer Stores**
Magasins de bière

Greater Sudbury Grand Sudbury





★ Attractions/Points of Interest Attractions et points d'intérêt

- 1 **A.Y. Jackson Lookout**
Belvédère A.Y. Jackson
- 2 **Slots at Sudbury Downs**
- 3 **Discovery of Nickel (plaque)**
Découverte du nickel (plaque)
- 4 **Dinosaur Valley Mini Golf and/et Josephine's Vegetables**
- 5 **Wagonwheel Ranch**
Ranch Wagonwheel
- 6 **Northern Ontario Railroad Museum**
- 7 **Pineridge Ranch**
Ranch Pineridge
- 8 **Jane Goodall Reclamation Trail**
Sentier de réhabilitation Jane Goodall
- 9 **Laurentian Conservation Area**
Centre de conservation du lac Laurentien
- 10 **Bar W Ranch**
Ranch Bar W
- 11 **Copper Cliff Museum**
Musée de Copper Cliff
- 12 **Anderson Farm Museum**
Musée agricole Anderson

💧 Pools / Piscines

- 13 **Onaping Falls Pool / Piscine Onaping Falls**
- 14 **R.G. Dow Pool / Piscine R. G. Dow**
- 15 **Howard Armstrong Centre**
Centre Howard Armstrong

🏟️ Sports Facilities / Installations sportives

- 16 **Howard Armstrong Centre**
Centre Howard Armstrong
- 17 **Hillcrest Soccer Field**
Champ de soccer Hillcrest

🏟️ Arenas and Recreation Centres / Arénas et centres récréatifs

- | | |
|--|---|
| 1 Levack Arena (I.J. Coady Memorial)
Aréna de Levack
(aréna commémorative I.J. Coady) | 6 McClelland Centre / Centre McClelland |
| 2 Chelmsford Arena / Aréna de Chelmsford | 7 Confederation Arena (Raymond Plourde)
Aréna Confédération (Raymond Plourde) |
| 3 Azilda Arena (Dr Edgar Leclair)
Aréna d'Azilda (Dr Edgar Leclair) | 8 Howard Armstrong Centre
Centre Howard Armstrong |
| 4 Centre Lionel Lalonde Centre
(Centre Trillium Centre) | 9 Centennial Arena / Aréna Centennial |
| 5 T.M. Davies Arena / Aréna T. M. Davies | 10 Capreol Arena / Aréna de Capreol |
| | 11 Garson Arena / Aréna de Garson |
| | 12 Coniston Arena / Aréna de Coniston |

ARTS & CULTURE



Photo By Debbie Sauve

Sudbury has a vibrant visual and performing arts scene. Our galleries, stages and annual festivals provide a showcase for local musicians, artists and artisans – some of the finest found anywhere.

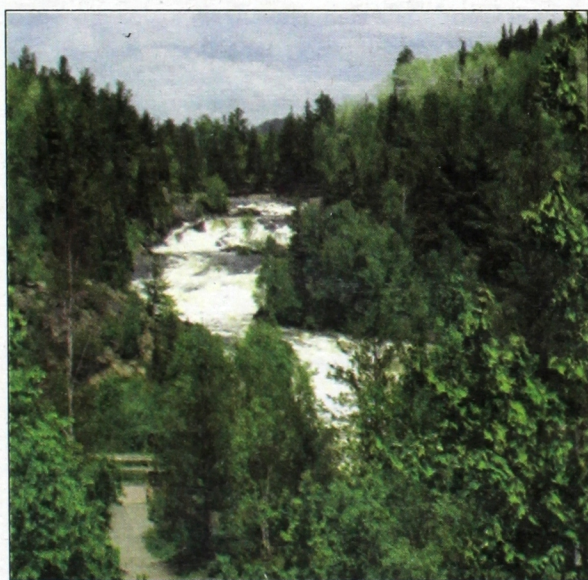
ART GALLERIES

Art Gallery of Sudbury

251 John St. Call (705) 675-4871 www.artsudbury.org

Housed in the historic Bell Mansion, the Art Gallery of Sudbury presents ongoing exhibitions that challenge and enlighten. In summer, the grounds boast beautiful gardens and one of the prettiest views of Ramsey Lake. Visit our Web site for information on programs and upcoming exhibits.

Group of Seven artist, Frank Carmichael loved the La Cloche Mountains and was inspired by its landscape. His work is celebrated in a special Art Gallery exhibition this summer.



La Galerie du Nouvel Ontario

174 Elgin St. Call (705) 673-4927

The Francophone artist-run gallery presents local contemporary and explorative art and touring exhibitions.

CONCERTS

Bell Park Summer Concert Series

Sunday evenings throughout the summer, local artists perform under the Bell Park Gazebo. Admission is free.

FILM

Cinescreen

(705) 688-1234 www.cinefest.com

Cinéfest screens alternative feature films bi-monthly, October to June at Silver City Cinemas.



NICKEL CITY STORIES

A.Y. Jackson Painting Mystery

A.Y. Jackson (1888-1974) is one of Canada's renowned Group of Seven. He captured a number of landscapes in and around the Sudbury area. His famous 'Onaping Falls' painting hung at Sudbury Secondary until 1974 when it was stolen. It has never been recovered.

Enter the 2005 Visitor Guide contest for a chance to win fantastic tourism prize packages.

ORCHESTRA

Sudbury Symphony Orchestra

For information, call (705) 673-1280 or visit www.sudburysymphony.com

Sudbury's accomplished symphony and internationally-acclaimed guest artists perform a series of annual concerts from October to May.

THEATRE

SUDBURY THEATRE CENTRE

170 Shaughnessy Street www.sudburytheatre.on.ca

Sudbury's professional playhouse celebrates the best in comedy, drama and musical live stage productions. The modern 287-seat theatre is wheelchair accessible with an FM system for the hearing impaired. Season runs October to May.

Théâtre du Nouvel-Ontario

College Boréal www.francoculture.ca/tno

The theatre presents creative productions by Franco-Ontarian and Québécois playwrights and special cabaret performances in a black-box style setting. Season runs October to May.

ARTS ORGANIZATIONS

Sudbury Arts Council

124 Cedar St. Call (705) 670-ARTS (2787) or visit www.sudburyartscouncil.on.ca

The Sudbury Arts Council produces an Arts and Crafts Guide, a directory of local artists and artisans. The guide includes walking tours of historical and architectural interest and is available at tourist and information centres as well as the Sudbury Arts Council office.

Sudbury Craft and Arts Foundation

www.scarf.ca/

The annual Sudbury Craft and Arts Foundation Fall Studio Tour celebrates the artistic achievements of the area's artists and artisans. Visit their studios, learn about the creative process and browse at your leisure. For more information visit their Web site.

Music and Film in Motion

45 Durham St. (705) 674-5154 www.thinknorth.ca

Music and Film in Motion is a non-profit organization whose purpose is to foster and promote the development of the film and music industries in Sudbury and Northern Ontario, as well as promote the area as a viable location for outside film and music production. For information about the Sudbury music scene and more visit their Web site.



Photo By Debbie Sauve



NICKEL CITY STORIES

FILM CLIPS

Sudbury is emerging as a popular location for the movie industry.

In 2004, the film *Shania*, a biopic about Shania Twain was shot in Sudbury. When growing up in Sudbury, Shania attended Sudbury Secondary School.

In 2000, *Little Italy* was a setting for *Men With Brooms*, one of the most successful Canadian feature films.

Chilly Beach, Canada's popular animated cartoon series, is created and produced in Sudbury.

In 2003, Jane Goodall's *Wild Chimpanzees*, a Science North large format film production, won the Best Film for Lifelong Learning Award at the Giant Screen Theatre Association Awards in Glasgow, Scotland. The film has played at 47 venues around the world.

FESTIVALS & EVENTS



Sudbury's entertaining line-up of annual festivals has earned it the reputation as the "Festival Capital of Northern Ontario."

For a complete list of festivals and confirmation of dates, visit

www.sudburytourism.ca

Sudbury Dragon Boat Festival

JULY 15-16 (705) 671-6067

The cross-cultural phenomenon keeps time on Ramsey Lake with more than 100 teams from across the province competing annually.

Blueberry Festival

JULY 11-24 (705) 674-1717

Sudbury's wild blueberry harvest is an annual cause for celebration with blueberry eating contests, pancake breakfasts, teas and more. Climb Blueberry Hill or visit the Blueberry Den, home of the Blueberry Bear.

Sudbury Gem & Mineral Show

JULY 15-17 (705) 522-5140

The Carmichael Arena is the venue for an impressive display of precious stones, swap meets and field trips.

Blues For Food

JUNE 25 (705) 674-5115

The annual family day at Memorial Park in Downtown Sudbury features live music, food, and children's activities and games in support of the Sudbury Food Bank. Admission to the event is your donation of non-perishable food items.

Canada Day

JULY 1 (705) 522-3700 or 674-0795

The Sudbury Multicultural Folk Arts Association celebrates Canada Day at the Sudbury Arena with entertainment and food from around the world. Science North hosts day-long family activities with a spectacular evening fireworks display.

Italian Festival

JULY 7-10 (705) 675-1357

Celebrate Italian heritage and culture at the Caruso Club, 385 Haig St, in Sudbury's West End.

Northern Lights Festival Boréal

JULY 8-10 (705) 674-5512

Canada's oldest outdoor festival presents three days of workshops, performing and visual arts, crafts, ethnic foods and headline entertainment at Bell Park.



For details on the 2005 Sudbury Homecoming, visit www.greatersudbury.ca/homecoming

Whitefish Lake Pow Wow JULY 23-24 (705) 692-3674

Enjoy traditional drumming and dancing at the annual Whitefish Lake First Nations Pow Wow.

Greek Festival JULY 22-24 (705) 522-7871

Sudbury's Greek community celebrates its heritage with traditional food, dancing and entertainment at the Hellenic Centre, 486 Ester.

Summerfest AUGUST 19-21 (705) 523-2003

Sudbury's salute to the summer presents three days of live music, entertainment and activities at picturesque Bell Park.



Garlic Festival AUGUST 27-28 (705) 673-7404

The annual festival pays tribute to the humble, but treasured garlic bulb. While food is the main attraction, visitors will also enjoy feature entertainment, including the acrobatic kicks of our Ukrainian dancers.

Cinéfest SEPTEMBER 17-25 (705) 688-1234

Sudbury's international film festival is Canada's fourth largest and Northern Ontario's most anticipated cultural event. Each September, thousands of cinephiles attend more than 100 of the industry's top Canadian and international films.

Cavalcade of Colours SEPTEMBER 23-24 (705) 671-2489

Enjoy the spectacular colours of autumn as they embellish the canvas at A.Y. Jackson Lookout, Onaping Falls.



Photo By Kris Harris

La Nuit sur l'étang

OCTOBER 22 (705) 560-3288, ext. 22

Ontario's best French musical artists take the stage annually for an evening of music, Passe la nuit avec nous!

Santa Claus Parade NOVEMBER 13 (705) 674-5115

The downtown parade celebrates the arrival of the holiday season with more than 60 floats, including the jolly old man and his colourful entourage.

Science North JANUARY 13-29

IMAX Festival 1-800-461-4898 or (705) 523-4629

Take in a wide variety of larger-than-life giant screen films during this popular annual film festival.



Photo By Debbie Sauve

MUSEUMS

Sudbury has a rich and diverse history. Several museums and points of interest celebrate the rich logging, railroad, mining and agricultural heritage of our first settlers.



Photo By Debbie Sauve

MUSEUMS

Greater Sudbury Heritage

The City of Greater Sudbury operates museums throughout the region that preserve our heritage, including:

Anderson Farm Museum

Municipal Rd 55 to Municipal Rd 24 and North 2 km/1 mi.
May to September: Daily from 10 a.m. to 4 p.m.
September to May: by appointment.

The carefully restored turn-of-the-century dairy farm revisits the days of horse drawn machinery and windmill generated power. The buildings display artifacts and remnants from early ghost towns. The site offers landscaped picnic areas.

Copper Cliff Museum

26 Balsam St. at Power St. off Municipal Rd. 80
May to September: Daily from 11 a.m. to 4 p.m.

The turn-of-the century log cabin rests on the site of the first home in the former Town of Copper Cliff. Artifacts, including clothing, furniture, tools, dishes and photographs depict the lifestyles of early miners and their families.

Flour Mill Heritage Museum

St. Charles St. just off Notre Dame Ave
May to Sept.: Daily from 11 a.m. to 4 p.m.

Built in 1903, the clapboard house offers a collection of early hand tools, furniture and weapons, and tells the history of the Flour Mill Silos on Notre Dame Ave.

For more information visit www.greatersudbury.ca or call (705) 671-2489 or (705) 692-4448.

Centre franco-ontarien de folklore

1169 Dollard St. Parking on site.
Call (705) 675-8986 or visit www.cfof.on.ca for hours of operation.

The three exhibit rooms house the world's largest collections of works on franco-ontarien heritage and folklore, including monographs and histories of French Ontario parishes.

Police Museum

190 Brady St. (705) 675-9171

Located at Greater Sudbury Police headquarters at Tom Davies Square, the museum covers the history of law enforcement in the Sudbury Region from 1883 to present day. Open Monday to Friday from 9 a.m. - 5 p.m. Admission is free.

Northern Ontario

Railroad Museum & Heritage Centre

26 Bloor St. on Municipal Rd 84 at Prescott Park, Capreol.
40 km/24 mi. north of Downtown Sudbury.
May to Sept.: Tuesday to Sunday from 11 a.m. to 4 p.m.
Sept. to May by appointment.
Parking on site. Call (705) 858-5050

The newly restored museum reflects the history of early settlers to the area. Displays include an original steam locomotive that helped open up the north and early railroad, logging and mining equipment.



Photo By Debbie Sauve

POINTS OF INTEREST

Downtown Sudbury

Downtown Sudbury is a great place to walk and browse. Its cobblestone sidewalks and colourful flower beds are lined with street-level specialty stores and boutiques. You'll also discover the Sudbury Farmers' Market as well as points of historical and cultural interest (See Downtown Map, page 26 for locations.)

Ste. Anne of the Pines

Location: 14 Beech St.

In the fall of 1883, the Jesuits established a parish in advance of the railroad. So dominant were the trees, it was named Ste. Anne of the Pines. The rectory, built in 1883, is Sudbury's oldest building. The 1894 belfry, a watchful beacon over the community for nearly 100 years, is incorporated into the grounds of the new church.

Bell Mansion

251 John St. off Paris St. Open: Daily (705) 675-4871

Built in 1907, Bell Mansion is the cut stone home of the former lumber baron William Joseph Bell. The building houses the Art Gallery of Sudbury where you'll find exhibitions of historical and contemporary art.

Grotto of Lourdes Shrine

Frederick St., East on Van Horne off Paris St. (705) 522-9284

The grotto was commissioned by French Count, Frederic de Romanet du Caillaud as a tribute to Our Lady of Lourdes for the recovery of his wife from an illness in 1907. The religious heritage site offers meandering walkways, flower gardens and an expansive view of Ramsey Lake.

Spirit of 83

At Paris and Brady Streets.

The bronze sculptures were commissioned to celebrate Sudbury's Centennial year (1883-1983) by the Chamber of Commerce. Colette Whiten, internationally known for her work, based her silhouette designs after profiles of actual Sudburians.

Hnatyshyn Park

At Paris and Elm Streets.

Named in honour of the late Ramon Hnatyshyn, the twenty-fourth Governor General of Canada, the park and its trident sculpture commemorate Sudbury's Centennial year (1883-1983), as well as the numerous accomplishments in Ukrainian history.

Sudbury Mining Heritage Sculpture

At Paris and York Streets inside Bell Park.

Located two kilometres south of downtown at Bell Park, the 4.7 metre (15 foot) high sculpture pays homage to our miners and recognizes their significant contributions.

Designed by world-renowned

Canadian sculptor, Timothy P. Schmaltz, the sculpture is mounted on a natural outcrop in Bell Park.



Photo By Debbie Sauve

CREIGHTON MINE: GHOST TOWN

Municipal Rd. 24, Creighton Rd.

An Inco company town, Creighton Mine was vacated in late 80s. With a permanent population of about 2300, it has the eerie distinction of being the largest Ghost Town in Ontario. Largely overgrown, a few sidewalks and remains of building are all that is visible.

PLAQUES

Hudson's Bay Trading Post

Naughton, Municipal Rd. 55

The Hudson's Bay Company established a fur-trading post in the region in the 1820s. The location is commemorated with a plaque at Naughton.

The Discovery of Nickel

Near Murray Mine, Municipal Rd. 35

It was during the construction of the railroad that the discovery of ore-bearing rock sparked the development of Sudbury's mining industry and launched the towns and settlements that comprise today's Greater Sudbury. The site where Blacksmith Thomas Flanagan detected the presence of ore-bearing rock is commemorated with a plaque near Murray Mine.



NICKEL CITY STORIES

THOMAS A. EDISON: THE PROSPECTOR

In 1901, American inventor Thomas Edison tested his new nickel-iron storage battery in Sudbury. Detecting strong evidence of an ore body, he sunk one shaft but ceased operations when he encountered quicksand. In 1915, the area was re-staked and soon revealed an ore body of some five million tons of nickel ore.

GENERAL INFORMATION

CLIMATE

Sudbury enjoys four seasons with average daily temperatures in summer of 23 C (73 F) and -5 C (20 F) in winter.

Weather: Average Daily	High	Low
January	-9°C /16°F	-19°C/-2°F
February	-7°C /19°F	-17°C /1°F
March	0°C /32°F	-11°C /12°F
April	8°C /46°F	-2°C /28°F
May	17°C /63°F	5°C /41°F
June	22°C /72°F	10°C /50°F
July	25°C /77°F	13°C /55°F
August	23°C /73°F	12°C /54°F
September	17°C /63°F	7°C /45°F
October	10°C /50°F	2°C /36°F
November	2°C /36°F	-5°C /23°F
December	-6°C /21°F	-14°C /7°F

Language

Sudbury is a bilingual city with service in both English and French throughout the City.

Currency

Currency is the Canadian dollar. U.S. currency is accepted and may be exchanged at all local banks. Look for businesses offering "fair exchange."

Taxes

Most purchases are subject to an 8% Provincial Sales Tax (PST) and a 7% Federal Goods and Services Tax (GST).

Banks

The City of Greater Sudbury is served by all major banks and Credit Unions. Automated Teller Machines (ATM) are located at most branches, as well as grocery stores, gas stations and convenience stores. Please refer to the telephone directory for locations.

Car Rentals

Greater Sudbury is served by all major car rental agencies. Please refer to the telephone directory for locations.

Church Services

For a complete list of local churches and hours of worship, please refer to the telephone directory.

Emergency Services

Fire, Police, Ambulance, emergency calls: Dial 911

Internet Access Points

Public Internet Access Points are located at Science North and all City of Greater Sudbury Public Libraries. Please consult the telephone directory for locations and hours of operation.

Liquor Stores

- Algonquin Square, Sudbury
- 190 Cedar St., Sudbury
- 1467 Lasalle Blvd., Sudbury
- 12 Serpentine St, Copper Cliff
- 93 Notre Dame, Azilda
- 12 Hanna, Capreol
- 109 Errington Ave., Chelmsford
- 24 Amanda, Coniston
- 3060 Falconbridge Hwy., Garson
- Hanmer Valley Shopping Centre
- Walden Plaza, Lively
- Onaping Shopping Centre
- 3140 Hwy 69N, Val Caron

Enter the 2005 Visitor Guide contest for a chance to win fantastic tourism prize packages.

Beer Stores

- 42 Lorne St., Sudbury
- 1485 Lasalle Blvd., Sudbury
- 891 Notre Dame Ave., Sudbury
- 1889 Paris St., Sudbury
- Azilda Shopping Centre
- 470 Monique, Chelmsford
- Hanmer Valley Shopping Centre
- 57 3rd Ave, Levack
- 619 Main, Lively
- 24 Amanada, Coniston

Post Offices

- 1 Lisgar St., Sudbury
- Plaza 69 Postal Outlet, 1935 Paris St., Sudbury
- 1776 LaSalle Blvd., Sudbury
- Pharma Plus Drugmarts, 1349 LaSalle Blvd., Sudbury
- 80 St. Agnes, Azilda
- 3 Crescent, Capreol
- 3494 Errington, Chelmsford
- 17, 2nd Ave., Coniston
- 6-8 Serpentine, Copper Cliff
- 15-1/2 Rix, Falconbridge
- 136 Church, Garson
- 51 Oscar, Hanmer
- 39 Levack Dr., Levack
- 621 Main, Lively
- 1682 Main, Val Caron
- 181 Hill, Wahnapiatae

Taxi Companies

Please consult a telephone directory for a complete list of Greater Sudbury Taxi Companies.

Airport Shuttle

(705) 566-0375 1-866-230-3332

www.sudburyairportshuttle.ca

Arenas and Recreation Centres

Sudbury Arena

Corner of Minto and Elgin.

For information, call (705) 671-CITY (2489)

The Sudbury Arena is the venue for major sporting events as well as top-name touring acts. The 5,000-seat arena is also home to the Sudbury Wolves and fast-paced OHL Major Junior "A" Hockey.

For other Arenas and Recreation Centres see Maps on pages 24 and 26.

Pools

For locations of Pools see Maps on pages 24 and 26.

Sports Facilities

For locations of Sports Facilities see Maps on pages 24 and 26.

Sudbury Indoor Tennis Centre

Queen's Athletic Field off Elm St. Call (705) 688-1414

The Indoor Tennis Centre features four indoor regulation tennis courts. The air-supported bubble is heated with change rooms, washrooms and showers.

Open year round.

YMCA Centre for Life

140 Durham St. Call (705) 674-8315

Sudbury's new YMCA features weight training and workout areas, squash courts, gymnasium, jogging and walking tracks and a swim and exercise pool.

GOLF

PLACES TO
PLAY!
2004
GOLF DIGEST



**Half-a-Star Short
of Perfection.**
Timberwolf was rated
4 1/2 stars in the
**2004 Golf Digest
Best Places To Play.**



TIMBERWOLF
GOLF CLUB
SUDBURY ONTARIO

The area's unique rugged beauty and natural waterways are picture perfect for exceptional golf experiences. With fourteen golf courses within a twenty-five minute drive from the City centre, getting a tee time may be the least of your challenges.

Blackstone Golf Course

Sudbury (705) 566-3286

Cedar Green Golf Club

Garson (705) 560-1090

18 holes, 6,285 yards, par 70

Chelmsford Golf Course

Chelmsford (705) 855-0232

Clearview Golf Club

Val Caron (705) 897-6419

Colonial Golf Course

Chelmsford (705) 855-5888

Forest Ridge Golf and Country Club

Hwy 144, Lively (705) 855-8558

LIVELY GOLF AND COUNTRY CLUB

305 Sixth Ave., Lively (705) 692-5502

One of Sudbury's oldest and best golf facilities, Lively is a challenging 18-hole course that winds through mature tree-lined fairways and scenic waterways.

Onaping Golf and Beach Club

Levack (705) 966-2077

Penage Golf Course

Whitefish (705) 866-2793

Pine Grove Golf Club

Hwy 69 S (705) 522-1622

18 holes, 5,000 yards, par 68

Sixth Avenue Golf and Country Club

Lively (705) 692-4203

Sudbury Highlands Golf Club

Sudbury (705) 523-2518

18 holes, 5,747 yards, par 70

TIMBERWOLF GOLF CLUB

1930 Maley Dr. off Barrydowne or Falconbridge Rd.

Call (705) 524-WOLF or 1-877-689-8853.

Web site: www.timberwolfgolf.com

18 holes, 7,126 yards, par 72

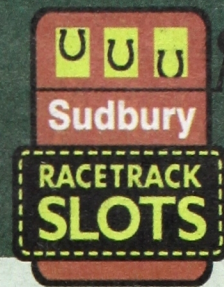
Designed by Thomas McBroom, Canada's premier golf course architect, Timberwolf features four sets of tees and combines long generous fairways and strategically protected greens to ensure a challenging, yet pleasurable round of golf. The 18-hole course offers a scenic tour through northern wilderness. Each hole is framed with natural streams and wetlands, stunning rock outcrops and a running backdrop of dense poplar and striking white birch.

Ask about Timberwolf's Stay & Play & Play packages.

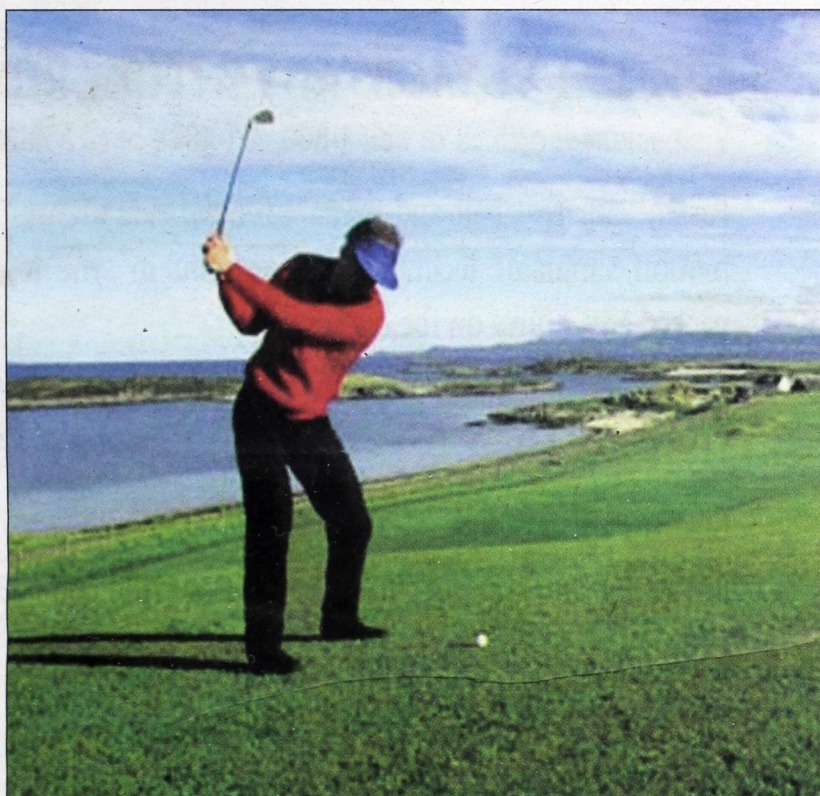
Twin Stacks Golf Club

Coniston (705) 694-2131

ENTERTAINMENT



Double your
gaming pleasure
with professional
harness racing
Wednesdays,
Saturdays and
Summer Sundays
at Sudbury Downs.



Timberwolf – Stay & Play & Play
packages start from **\$89.99*** Cdn and include:

Accommodations at one of ten partner hotels
18-holes, power cart, complimentary practice
facility, club cleaning and storage while you stay
\$10 Dinner Voucher at Timberwolf Dining Room

PLUS

a \$15 "gaming package" at Slots at Sudbury Downs.

Some restrictions may apply

Book your *Stay & Play & Play* packages
by calling **1-877-689-8853**

or local, **524-WOLF**,

or log on to **www.timberwolfgolf.com**

* Price per person. Based on double occupancy.

With over 300 slot machines and a
complimentary Winner's Circle Reward
Program, Slots at Sudbury Downs is
big lights and big excitement.

SLOTS AT SUDBURY DOWNS

Regional Rd. 35 to Montee Principale, and left on Bonin Rd.
Call 1-888-812-1703 or (705) 855-7164.

Slots is a great choice for fun and entertainment. Enjoy
hundreds of exciting slots ranging from five-cents to five-
dollars. There's never a dull moment with on-site restaurants
and a variety of year-round entertainment. Slots is open daily
with free parking. A free shuttle service departs daily from the
Downtown Bus Terminal and partner hotels, upon request.

Sudbury Downs

Regional Rd. 35 to Montee Principale, and left on Bonin Rd.
Call 855-9001

Sudbury Downs offers live harness racing Wednesdays and
Saturdays, May to November, plus Sundays in July and
August. Post time 7:15 p.m. The Ontario Sire Stakes makes
monthly stops, June through October, and Teletheatre
wagering is offered year round. Enjoy dining in the Mardi
Gras Lounge.

Stars Under The Stars

Regional Rd. 35 to Montee Principale, and left on Bonin Rd.
Call 1-888-812-1703 or (705) 855-7164.

Slots at Sudbury Downs presents its weekly Stars Under The
Stars concert series July through August. Headline
entertainment includes a variety of popular comedy, tribute
and marquee Acts.

FAMILY FUN

DINOSAUR VALLEY MINI GOLF



The winner of a
Tourism Federation of
Ontario Innovation
Award in 2003,
Dinosaur Valley Mini
Golf is great family
entertainment.

AMUSEMENTS

Ruckers Fun Centre

762 Notre Dame Ave. (705) 524-5005

CINEMAS

Rainbow Cinemas

Rainbow Centre, 40 Elm St. (705) 670-8885
www.rainbowcinemas.ca

Six cinemas and a variety of the best motion pictures at very affordable prices.

Silver City

355 Barrydowne Rd. (705) 521-0069
www.famousplayers.com

Twelve screens, stadium seating, state-of-the-art sound and first-run movies.

SCIENCE NORTH IMAX THEATRE

Visit sciencenorth.ca or call 1-800-461-4898 or 523-4629

Science North's 200-seat IMAX theatre features unobstructed stadium-style seating, a five-storey high screen and 7,600 watts of digital surround sound. The combined effect creates a sense of 'being there' as you're engaged in giant-screen film adventures.

VIRTUAL VOYAGES ADVENTURE RIDES

Visit sciencenorth.ca or call 1-800-461-4898 or 523-4629

Fasten your seat belt and prepare for the ride of your life as motion simulator technology moves you in sync to action packed adventures on the big screen.

GO-KARTS

Sudbury Kartways

842 Notre Dame across from Leon's. Call (705) 566-9266

Sudbury Kartways features a quarter mile go-cart track, batting cages and an 18-hole mini golf course.

Summer hours are 10:00 a.m. to midnight.

MINI GOLF

DINOSAUR VALLEY MINI GOLF

Hwy 69 N, 6 km W on Valley View Road
Call (705) 897-6302 or visit <http://dinosaursudbury.ca>

Dinosaur Valley Mini Golf offers 54 holes on 6 different courses with 15 mammoth dinosaurs and insects. The unique custom-built attraction is dedicated to cancer families. Visit Josephine's Vegetables on site.

Season runs from May to September. Open daily 8 am - 11 pm.

Wacky Putt

200 Falconbridge Hwy (705) 566-9119

SUDBURY DISCOVERIES



Photo By Debbie Sauve

This summer visit the
Sudbury Discoveries
kiosk at Science North.
Call 1-866-411-7328
or (705) 566-7599
or visit
sudburydiscoveries.ca



Your guide to
outdoor adventure

Sudbury's 330 lakes and abundant outdoor wilderness areas set the stage for year-round outdoor adventure. Experience dozens of fun, affordable day adventures with Sudbury Discoveries. Programs are ideal for smaller groups and available for all ages and abilities. Many include expert guides and instruction.

Discover our water

With 330 lakes within the city, the lure is irresistible. Choose from tandem canoeing and dragon boat instructional programs to self-guided paddling tours and sea kayaking with a shore lunch. Learn the importance of wetlands. Catch a beaver at work. Hear the magical call of the loon. Amaze at the wing span of a great blue heron. And, if you're really lucky, meet a magnificent moose!

Discover our land

Sudbury's striking geological features are world-renowned. Hike up rocky trails that reward with magnificent vistas. Learn to read the signs of the forest with expert guides. Saddle up for a moonlit ride along the Vermillion River. Hitch your wagon to a star for an old fashioned hay ride. Our trails await you!

Discover our spirit

Learn traditional teachings from the first stewards of our land. Hear the songs of the Anishnabek. Feel the rhythms of the Big Drum. Practice ancient forms of exercise and meditation with yoga and tai chi instruction. Listen to songs and folk tales that keep time with the crackle of an open fire. Attend a star party – perfect for wishes, or wherever the spirit leads you!



Photo By Debbie Sauve

sudburydiscoveries.ca



Photo By Debbie Sauve

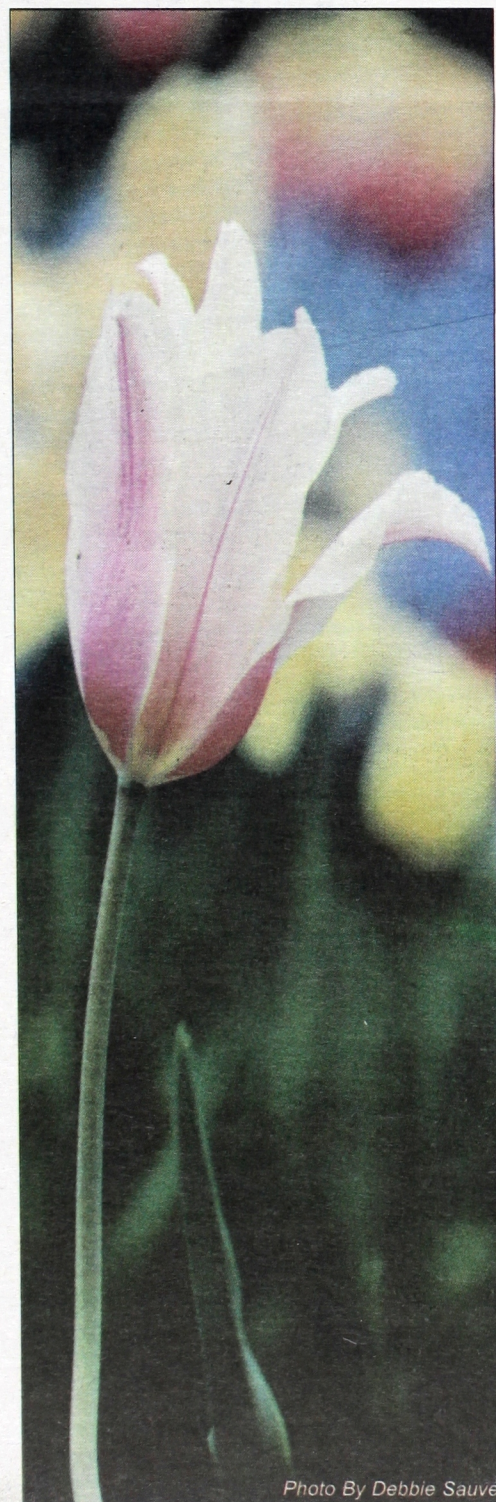


Photo By Debbie Sauve

Discover our culture

Sudbury's cultural diversity is proudly on display every-which-way. Outdoor festivals full of music, food and fun dot the calendar. Celebrate the blueberry harvest and humble garlic bulb. Savour traditional dishes created with passion. Learn the art of basket weaving. Step back in time and explore our rich mining, railroad and Franco-ontarien history. We're a product of our environment. And we love to share!

Discover your limits

Up for a challenge? With a grasp of the techniques of rock climbing, scale one of our famous rock faces under the watchful eye of an expert guide. Experience the exhilaration of whitewater paddling. Learn to Eskimo roll in a sea kayak. Get wet! The water's terrific. Whatever your ability, you're in for a "defining moment."

Discover our seasons

The adventure doesn't stop after Labour Day! Enjoy perfect autumn afternoons on the trail and watch as Sudbury's green hills begin to blaze gold and copper. With winter comes snowshoeing, skiing and outdoor skating, where a cozy fire beckons with the promise of hot chocolate and warm toes. Listen as the birds welcome spring with a symphony of sound and learn to identify the tender green shoots as they emerge from a long winter nap. Every new season presents new opportunities to get out there and enjoy!

Sudbury Discoveries' consultants will be happy to answer your questions and assist you in booking your adventure. While in Sudbury this summer, visit the Sudbury Discoveries kiosk at Science North.

One call does it all! **1-866-411-7328**

OUTDOOR SUMMER & FALL

With 330 fresh water lakes and numerous parks and recreational playgrounds within the City, you'll discover every outdoor recreational activity imaginable right at your doorstep.

BEACHES (Supervised)

Bell Park

Located three minutes from downtown Sudbury on Ramsey Lake, Bell Park is Sudbury's most treasured park for its beaches gardens, gazebos, picnic areas and playgrounds. The 1 km (.06 mi) Jim Gordon Walkway skirts the lakes western shore and links the park to Science North.

Nepahwin Beach

Located on Lake Nepahwin, the beach is seven minutes from downtown Sudbury on Paris Street.

Moonlight Beach

Moonlight Beach is one of Sudbury's most popular beaches. It is located on the eastern shores of Ramsey Lake, 15 minutes from downtown Sudbury on Moonlight Beach Rd.

Meatbird Lake

Located just north of Lively on Municipal Rd. 24, the beach is ideal for families and beginner swimmers.

Centennial Park

Located on Whitewater Lake, Centennial Park, Azilda, has 4 km of hiking trails, a picnic and beach area.

Kalmo Park Conservation Area

Located on Whitson Lake near Val Caron, the park also has a boat launch and campground.

BOATING

Boat Launches

The following lakes and waterways have boat launches that are free to the public with parking available on site:

Ella Lake	Fairbank Lake
Joe Lake	Lake Penache
Lake Wanapitei	Long Lake
Nelson Lake	Ramsey Lake
Vermillion Lake	Whitewater Lake
Whitson Lake	

ECO-TOURISM

(PEAT) Northeastern Ontario Partners in Eco-Adventure Tourism

Call toll-free 1-866-411-PEAT (7328) www.peat.on.ca

PEAT is a co-operative of eco-tourism adventure travel companies that work together to bring you, your friends and family the best in wilderness travel, eco-lodges and educational opportunities in Sudbury and Northeastern Ontario. Call toll-free for a free brochure.

New Wilderness Ventures/Horizons

Box 5, Site 13, Whitefish P0M 3E0

Call (705) 866-2345 or 1-877-404-4142

www.horizonsadventures.ca/

ADVENTURES IN RAINBOW COUNTRY

Rainbow Country Travel Association

2726 Whippoorwill Ave.

Call Toll free 1-800-465-6655
or (705) 522-0104

*Rainbow
Country
Travel Association*



Rainbow Country stretches along the shores of Georgian Bay from Parry Sound to Manitoulin. This special part of Ontario is renowned for its lakes, forests, islands and historic towns. Find out more about fishing, camping and hunting in Rainbow Country by contacting Rainbow Country Travel Association.

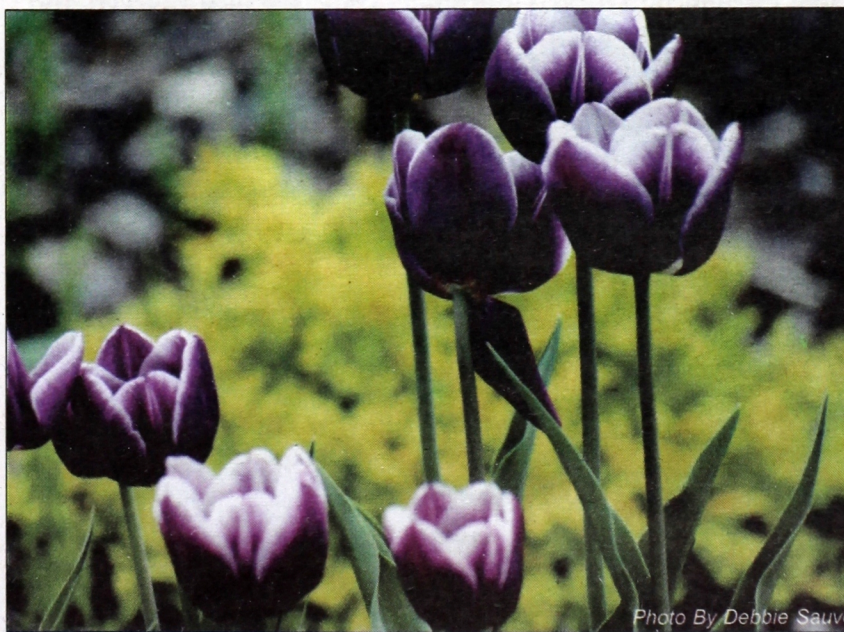


Photo By Debbie Sauve

Enter the 2005 Visitor Guide contest for a chance to win fantastic tourism prize packages.



Photo By Debbie Sauve

HIKING

A.Y. Jackson Lookout

45 km/27 mi. northwest of downtown Sudbury on Hwy 144.
(705) 671-2489

The lookout offers a scenic view of High Falls as it cascades 55 m (150 feet) into the Sudbury Basin. A.Y. Jackson, one of Canada's renowned Group of Seven artists, once captured this scene on canvas. The site offers three trails, including a self-guided Geological Walking Tour. It is also part of a self-guided driving tour that examines the unique structures that created the vast mineral resources of the Sudbury Basin. The Welcome Centre has washroom facilities and picnic areas.

Jane Goodall Reclamation Trail

Hwy. 17 E at Municipal Rd. 90

The trail, named in honour of the internationally renowned scientist and environmentalist, is located at the Coniston Welcome Centre.

Lake Laurentian Conservation Area

The 55 km (34 miles) of hiking, biking and jogging trails explore the flora and fauna of the area, including a wetlands area created by Ducks Unlimited. Trails are well marked and provide excellent bird watching and photo opportunities. The trails are ten minutes from Science North on Ramsey Lake Rd. and right on South Bay Rd.

Rainbow Routes

(705) 673-4161 www.rainbowroutes.com

Rainbow Routes Association is a not-for-profit organization dedicated to developing the Trans Canada Trail and other trail networks in the City of Greater Sudbury. It publishes the Greater Sudbury Trail Guide, available online and at tourist information centres.

HORSEBACK RIDING

Bar W Ranch

Tilton Lake Road Sudbury. Call (705) 522-6749

Bar W offers scenic trail and hay rides, as well as cross country skiing.

Pine Ridge Ranch

Hanmer. Call (705) 969-1127

Open year round, the ranch offers scenic trail rides, hay and sleigh rides and accommodation in its rustic log cabins on Moose Lake.

Wagon Wheel Ranch

Hanmer. Call (705) 969-8601

Open year-round, the ranch offers scenic trail rides as well as hay and sleigh rides.

MOUNTAIN BIKING

Bar W Ranch (see Horseback Riding) has 21 km. of mountain biking trails. Cyclists can also follow the crushed cinder trails from Laurentian University to Moonlight Beach – the first leg of the the Ramsey Lake Circle. For more information on mountain biking trails, group lessons and equipment rentals, call Pinnacle Sports at 523-7400.



WINTER



DOWNHILL SKIING

Capreol Ski Club

Lakeshore Dr., Capreol (705) 858-1432

Onaping Ski Hills

Slalom St., off Regional Rd. 8, Onaping (705) 966-3939

CROSS-COUNTRY SKIING

Laurentian University

(705) 673-6573 ext. 1006

Lake Laurentian Conservation Area

South Bay Rd. (705) 671-1151 ext 2259 or 2237
Weekends: (705) 674-5202

Voima Athletic Club

Bar W. Ranch, Tilton Lake Rd. (705) 522-5019

Walden Cross Country Fitness Club

Naughton Trails (705) 692-2321 or (705) 692-3439
Beaver Lake Trails (705) 866-2474

Azilda Voyageurs Cross Country Ski Club

(705) 693-2320 or (705) 983-0054

Onaping Falls Nordic Ski Club

Two Trail Systems (705) 855-0145 or (705) 855-2094

Capreol Cross Country Ski Club

(705) 858-4289 or (705) 858-1595



Photo By Debbie Sauve

SUDBURY is the largest centre in Ontario to boast an elaborate snowmobile trail system right at its doorstep. Enjoy alpine hills and cross-country ski trails or lace up for an exhilarating outdoor skating experience on Ramsey Lake.

WINTER OUTDOOR RECREATION CENTRE

Adanac Park

Off Beatrice Cr., Sudbury (705) 671-2489 ext. 4109

Enjoy winter weekends of sliding, snowmobiling, skating and more.

SKATING (OPEN AIR)

Ramsey Lake Skating Path

(705) 671-CITY (2489) Designated "skating only"

Queen's Athletic Field

(705) 671-CITY (2489) Designated "skating only"

SNOWMOBILING

Sudbury Trail Plan

www.sudburytrailplan.on.ca or call (705) 693-SNOW (7669)

The STP Ring Trail is a unique feature that connects riders to eight trail systems, allowing riders to experience a variety of terrain and scenery – extending 1,300 km (800 miles). Trans Ontario Provincial (TOP) trails radiate in all directions. The STP trails feature an integrated signage system and are patrolled by S.T.O.P. (Snowmobile Trail Officer Patrol). Sudbury Trail Plan headquarters are located on Trail 74 at 3610 Falconbridge Highway. For up-to-date local trail conditions visit our Web site or call (705) 693-SNOW.



DAY TRIPS



Photo By Debbie Sauve

Explore historic towns and adventure down backcountry trails. Day trips welcome you with spectacular scenery, historical insights and accessible outdoor experiences in every direction.

Manitoulin Island

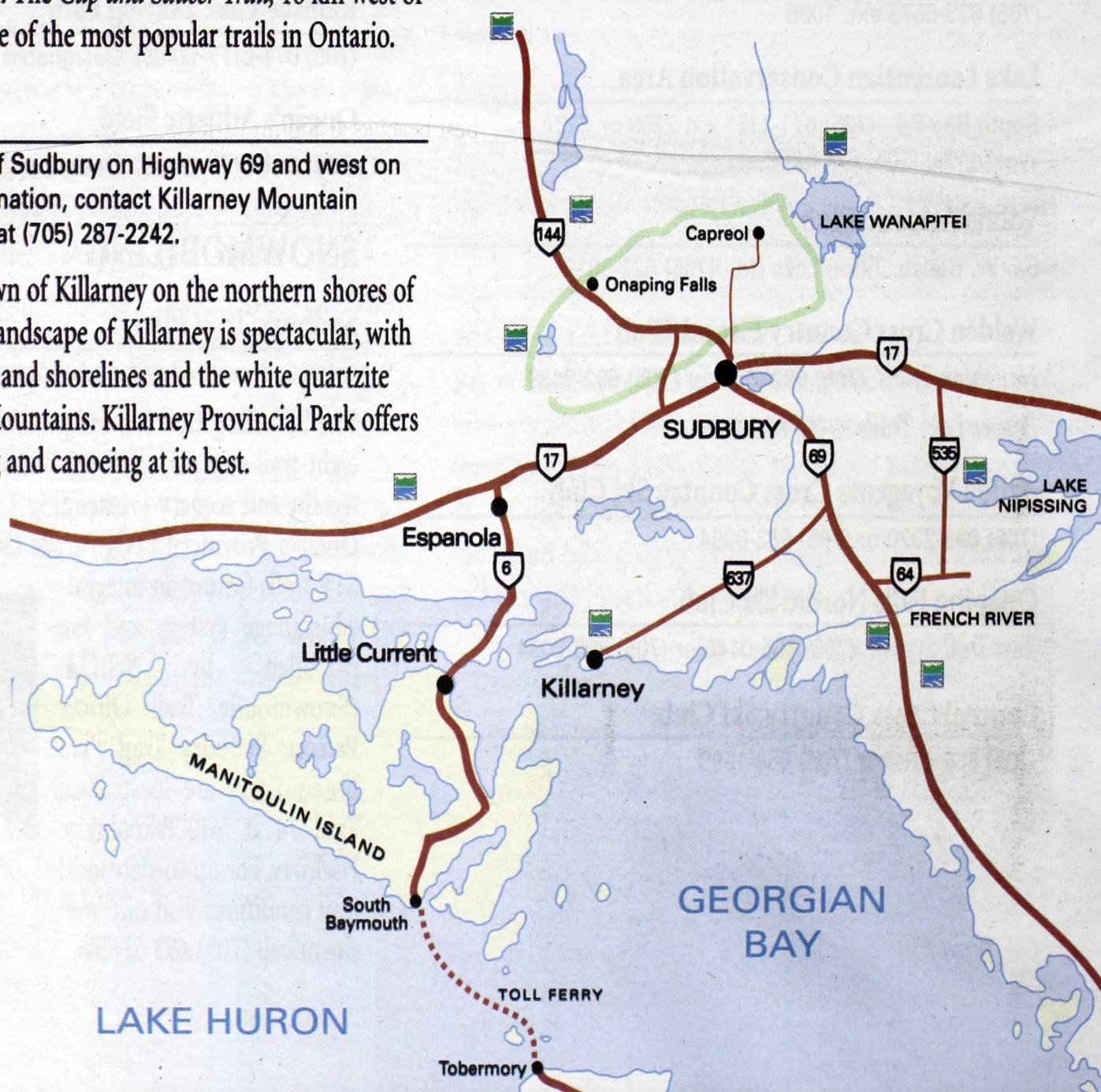
75 minutes west of Sudbury on Highway 17 and south on Hwy. 6. For information, contact Lakeshore Excursions at (705) 368-1367.

Spend a day on Manitoulin, the world's largest fresh water island. The Island's quaint towns, museums, spectacular hiking trails and rich Aboriginal heritage and culture make it a relaxing excursion. The *Cup and Saucer Trail*, 18 km west of Little Current, is one of the most popular trails in Ontario.

Killarney

75 minutes south of Sudbury on Highway 69 and west on Hwy 637. For information, contact Killarney Mountain Lodge & Outfitters at (705) 287-2242.

Visit the historic town of Killarney on the northern shores of Georgian Bay. The landscape of Killarney is spectacular, with pink granite islands and shorelines and the white quartzite hills of La Cloche Mountains. Killarney Provincial Park offers back country hiking and canoeing at its best.



Enter the 2005 Visitor Guide contest for a chance to win fantastic tourism prize packages.

Onaping Falls Route

30 minutes northwest on Municipal Rd. 35 and Highway 144

Northwest of Downtown Sudbury, the route passes the site where Tom Flanagan detected the presence of ore-bearing rock in 1883, descends into the fertile valley of the Sudbury Basin and the communities of Azilda and Chelmsford, and makes its way to the spectacular scenery and trails at High Falls and Windy Lake and Halfway Lake Provincial Parks.

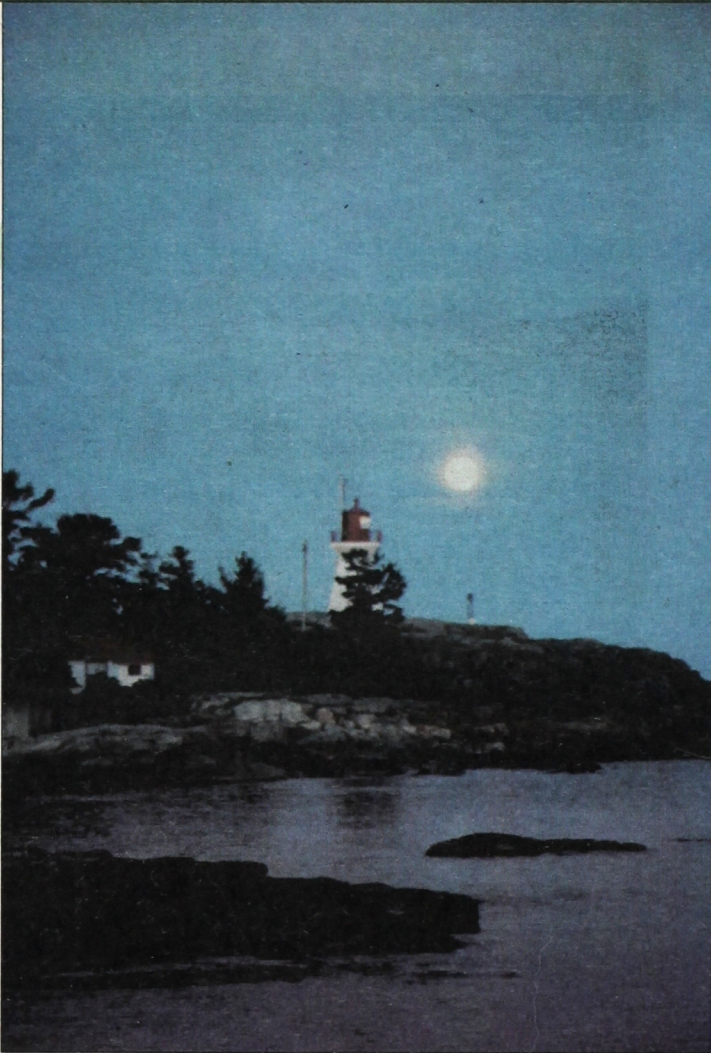
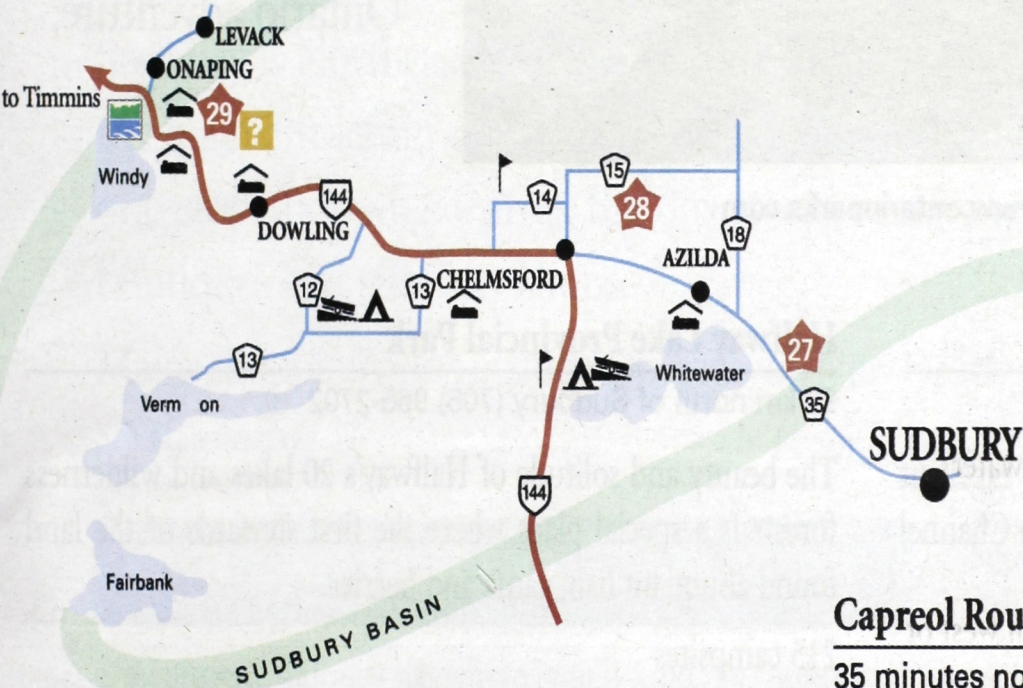


Photo By Debbie Sauve



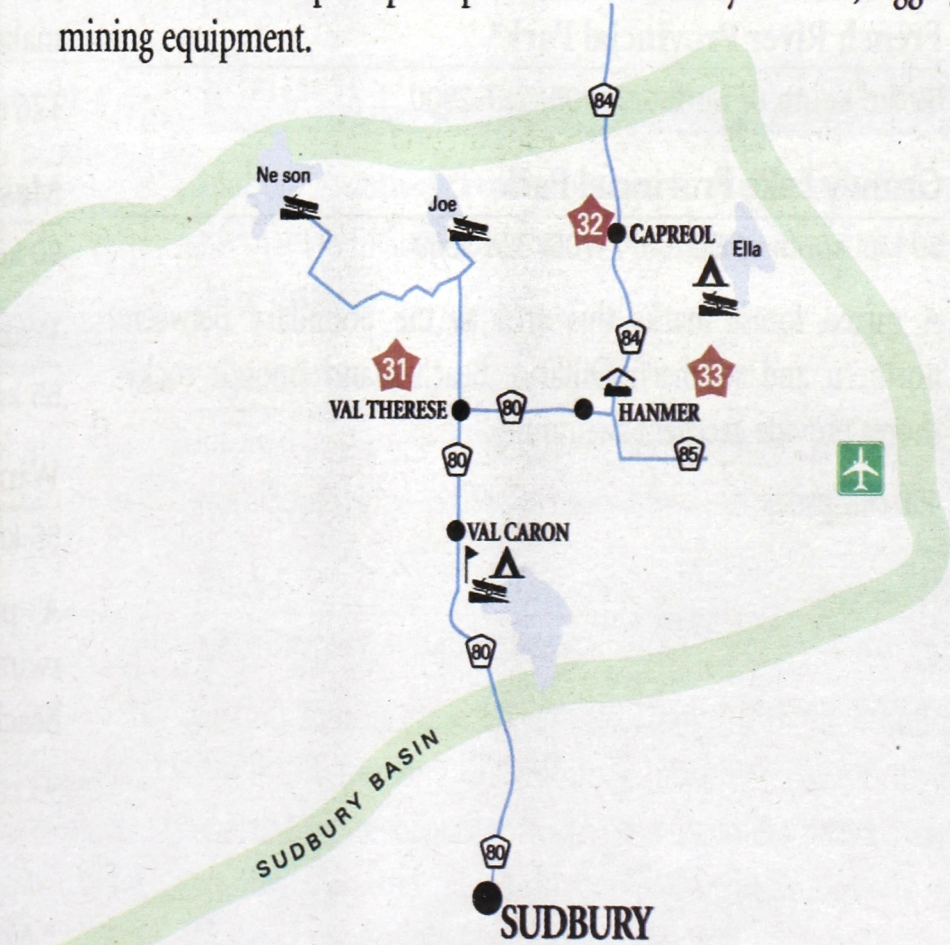
Capreol Route

35 minutes north on Municipal Rds. 80 and 84

The drive north offers something for everyone. Discover one of Sudbury's best beaches at Kalmo Park Conservation Area in Val Caron. Stop off at Dinosaur Valley Mini Golf and Josephine's Vegetables. Saddle up for an afternoon of horseback riding along the scenic trails of Wagonwheel or Pineridge Ranch. Visit the historic railroad community of Capreol. The Northern Ontario Museum and Heritage Centre displays an original steam locomotive that helped open up the north and early railroad, logging and mining equipment.



Photo By Debbie Sauve



PROVINCIAL PARKS



Within 90 minutes of nine Provincial Parks, Sudbury is a full service base camp for Northern Ontario adventure.

For more information call 1-888-668-7275 or visit www.ontarioparks.com

Chutes Provincial Park

90 km west of Sudbury (705) 865-2021

Situated on the Aux Sables River, Chutes is an excellent stopover for travellers and a base to explore the North Channel of Lake Huron.

130 campsites

Fairbank Provincial Park

55 km west of Sudbury (705) 866-0530

Scuba dive or snorkel in the clear spring-fed lake, camp around the rim, climb trails to lookouts, or swim at a large, family-friendly beach.

160 campsites

French River Provincial Park*

60 km south of Sudbury (705) 287-2900

Grundy Lake Provincial Park

60 km. south of Sudbury (705) 383-2369

A mixed forest marks this area as the boundary between northern and southern Ontario. Beaches and smooth rocky shores provide excellent swimming.

490 campsites

Halfway Lake Provincial Park

90 km north of Sudbury (705) 965-2702

The beauty and solitude of Halfway's 20 lakes and wilderness forests is a special place where the first stewards of the land found abundant fish, game and berries.

215 campsites

Killarney Provincial Park

90 km southwest of Sudbury (705) 287-2900
or 1-888-668-7275

Considered one of Ontario Parks' crown jewels, this majestic, mountainous wilderness of sapphire lakes and jack pine ridges so captivated artists – including The Group of Seven's A.Y. Jackson – that they persuaded the Ontario government to make it a park.

126 campsites

Mashkinonje Provincial Park*

90 km southeast of Sudbury (705) 898-3317

Wanapitei Provincial Park*

55 km northeast of Sudbury

Windy Lake Provincial Park

55 km northwest of Sudbury (705) 966-2315

A popular recreation area in the Sudbury region for swimming, boating, fishing and biking. Three, long sandy beaches with shallow entries are ideal for family fun.

93 campsites

* Non-staffed Provincial Parks

SHOPPING



**The 110-store
New Sudbury Centre
is the largest indoor
shopping mall in
Northern Ontario.**



Sudbury is Northeastern Ontario's shopping centre. Whether shopping is the main attraction or a quick stop for essentials, you'll discover a variety of one-stop-shopping centres, Big Box stores, outlet malls, street level boutiques and specialty shops.

Major shopping areas include Downtown, New Sudbury and the South End.

See Map on page 37

DOWNTOWN/WEST END

Downtown Sudbury is where you'll find an impressive collection of street level boutiques, restaurants and bars. Major banks and government services, including City Hall at Tom Davies Square, are also located in the core area.

Rainbow Centre

Located at the corner of Elm and Notre Dame, the newly renovated mall hosts a mix of shops and outlets.

Downtown Farmers' Market

From early summer to harvest time, Market Square, at the corner of Elgin and Elm, is a cornucopia of fresh produce, smoked meats, baked goods and preserves. Vendors also display an array of local arts and crafts.

NEW SUDBURY

With two major shopping centres and a cluster of Big Box stores and warehouse outlets, New Sudbury is the most popular shopping destination for locals and visitors alike.

New Sudbury Centre

www.newsudburycentre.com

Located at the corner of Barrydowne Rd. and Lasalle Blvd., the 110-store New Sudbury Centre, including Sears, Walmart, Sport Chek and Future Shop. The Food Court offers something for everyone. Open: Monday-Sunday

Sudbury Supermall

Sudbury Supermall hosts 45 stores and services, including Zellers, Shoppers Drug Mart and Independent Grocers.

Big Box and Warehouse Outlets

Location: Corner of Kingsway and Barrydowne Rd.

Shoppers from across the Northeast flock to Sudbury's Big Box stores and Warehouse Outlets such as Costco, Chapters, Staples, Home Depot, Sears Whole Home, Home Sense and Pier I. The area features a Starbucks and Silver City Cinemas. Watch for Old Navy, PETSMART, Michael's, Winners, Linens 'n Things in 2005.

SOUTH END

Sudbury's south-end welcomes you with a variety of shopping alternatives including, Canadian Tire, Shoppers Drug Mart and three major grocery stores.

Southridge Mall

Located at the corner of Regent St. and Long Lake Rd., the 47-store Southridge Mall is anchored by Zellers and A&P.

Rocks

125 Loach's Rd. Call 523-2172

Just off Regent St. at Loach's Rd., look for the lighthouse and you'll discover one of Sudbury's most popular stores. Rocks sportswear is proudly worn by customers from over 120 countries around the world. You'll also find unique Northern Ontario and Sudbury gifts and souvenirs.

RESTAURANTS & NIGHTLIFE



Photo By Debbie Sauve

Whether you're looking for a fine dining experience or quick bite, Sudbury's treasure trove of restaurants offer something for everyone. Discover gourmet Italian at *Ristorante Verdicchio*, authentic Mexican at *La Casa Mexicana* or dim sum at *Cafe Korea*. Sample Mediterranean at *Alexandria's*, Japanese at *Sapporo Ichibang* and Greek at the *Apollo*. Enjoy local favourites like *Landings* at Science North (pictured above), *Parker House Inn* and *Don Cherry's Sports Grill*. The options are tempting!

Many of Sudbury's restaurants and bars have live entertainment.

DOWNTOWN/WEST END

Alexandria's

211 Shaughnessy St.
(705) 688-1453
Licensed – Mediterranean
Outdoor Patio

Alpenrose Café

493 Kathleen St.
(705) 673-8467
Licensed – Swiss/German

Boomer's

420 Elgin St.
(705) 675-6916
Licensed

Boop's Diner and Catering

507 Kingsway
(705) 673-0007
Licensed – Canadian

Brady's

Howard Johnston Plaza Hotel
50 Brady St.
(705) 675-5602 ext. 285
Licensed – Canadian/Italian

Bridges By Brother T

Quality Inn, 390 Elgin St.
(705) 675-1001
Licensed – Canadian

Cactus Pete's Bar & Grill

187 Shaughnessy St.
(705) 673-1866
Licensed – Mexican/Canadian
Outdoor patio

Café Matou Noir

86 Durham St.
(705) 673-6718

Cassio's Restaurant

1145 Lorne St.
(705) 674-4203
Licensed – Italian/Indian/Canadian

Dionysos

183 Cedar St.
(705) 675-1888
Licensed – Greek • Outdoor Patio

Gonga's Grill & Family Restaurant

233 Brady St.
(705) 670-1820
Licensed – Canadian

Habanas

93 Durham St.
(705) 564-9111
Licensed – Cigar Lounge

100 Georges

50 Cedar St.
(705) 675-2155
Licensed – Steak/Seafood/Pasta/Blues
Outdoor Patio

La Casa Mexicana

49 Elgin St.
(705) 674-9901
Licensed – Mexican

Nibbler's

70 Young St.
(705) 673-2393
Licensed – Canadian/Greek

Norma Pryce's on Elm

216 Elm St.
(705) 673-6660
Canadian

Parker House Inn

259 Elm St.
(705) 674-2442
Licensed – Canadian • Outdoor Patio

Pasta e Vino Ristorante

118 Paris St.
(705) 674-3050
Licensed – Italian

Peddler's Pub & Eatery

63 Cedar St.
(705) 669-1075
Licensed – Irish/Canadian

Pesto's

Radisson Hotel, 85 Ste. Anne Rd.
(705) 671-6662
Licensed – Italian

Enter the 2005 Visitor Guide contest for a chance to win fantastic tourism prize packages.

Respect is Burning

82 Durham St.
(705) 675-5777
Licensed – Italian gourmet cuisine

Spencer's Bistro

Day's Inn Hotel, 117 Elm St.
(705) 674-1737
Licensed – Canadian

Sudbury Sapporo Ichibang Japanese Restaurant

79 Cedar St.
(705) 673-2233
Sushi & Teriyaki

Ugi's Restaurant

235 Douglas St.
(705) 674-1222
Licensed – Italian

Williams Coffee Pub

43 Elm St.
(705) 673-7598
Licensed

Wing Kang

41 Lorne St.
(705) 673-8344
Licensed – Chinese/Canadian



Two Golden Fork Awards

Sudbury's *Ristorante Verdicchio* is the recipient of two Golden Fork Awards (2004 and 2005) and has been given the official designation as a Gourmet Diners Society 2005 Italian Restaurant of Distinction. The New York-based Gourmet Diners Society of North America recognizes restaurants that are exemplary in food service, quality of food, customer service and hospitality.

SOUTH END

Anke & Tony's Seafood Restaurant

Four Corner's Square,
2037 Long Lake Rd.
(705) 523-4567
Licensed – Seafood

Buzzy Brown's Brasserie

1984 Regent St.
(705) 522-6284
Licensed – Canadian • Outdoor Patio

Cardinal Restaurant

1500 Regent St.
(705) 522-8900
Licensed – Canadian • Outdoor Patio

Culpepper's Eatery & Restaurant

1835 Regent St.
(705) 522-2422
Licensed – Canadian

East Side Mario's

2040 Algonquin Rd.
(705) 522-4200
Licensed – Italian

Eddie's Restaurant

1769 Regent St.
(705) 522-5244
Licensed – Canadian

Gloria's Restaurant

469 Bouchard St.
(705) 522-1476
Licensed – Canadian

Grumbler's Steak House

1620 Regent St.
(705) 522-1200
Licensed – Canadian

Jade Garden Restaurant

1875 Paris St.
(705) 522-5533
Licensed – Oriental/Canadian

Joey's Only Seafood

2040 Algonquin Rd.
(705) 522-0321
Licensed – Seafood/Canadian

Landings Restaurant

Science North, 100 Ramsey Lake Rd.
(705) 522-0376
Licensed – Canadian

Peking Gazebo

1716 Regent St.
(705) 522-6161
Licensed – Oriental

Perkins Restaurant & Bakery

Travelodge Hotel, 1401 Paris St.
(705) 522-3220
Licensed – Canadian

Pizza Hut

121 Loach's Rd.
(705) 560-0000
Licensed – Italian

Ristorante Verdicchio

1351-D Kelly Lake Road
(705) 523-2794
Licensed – Authentic Italian

Seafood's North Restaurant

1543 Paris St.
(705) 522-4133
Seafood

Simon's Café & Deli

Travelway Inn, 1200 Paris St.
(705) 522-5649
Licensed – International/Canadian

Swiss Chalet

2309 Regent St.
(705) 522-9100
Licensed – Chicken & Ribs

The Rib Room

Holiday Inn Hotel, 1696 Regent St.
(705) 522-3000
Licensed – Canadian

Tommy's Not Here

1889 Regent St.
(705) 522-2822
Licensed – Casual/Fine Dining

Tony V's

1323 Martindale Rd.
(705) 522-2883
Licensed – Greek & Italian

For details on the 2005 Sudbury Homecoming, visit www.greatersudbury.ca/homecoming

NEW SUDBURY

Apollo Restaurant

844 Kingsway
(705) 674-0574
Licensed – Greek

Casey's Bar and Grill

1070 Kingsway
(705) 560-6888
Licensed – Canadian • Outdoor Patio

Cranky Joe's Roadhouse

941 Notre Dame Ave.
(705) 524-9393
Licensed – Canadian

Don Cherry's Sports Grill

Falconbridge Rd.
(705) 524-7273
Licensed – Canadian • Outdoor Patio

East Side Mario's

900 LaSalle Blvd.
(705) 524-2200
Licensed – Italian • Outdoor Patio

Gonga's Family Eatery

467 Falconbridge Rd.
(705) 521-1451
Licensed – Canadian

Herc's Greek Eatery

875 Notre Dame Ave.
(705) 560-3883
Licensed – Greek

Joey's Only Seafood

1899 LaSalle Blvd.
(705) 560-3435
Licensed – Seafood/Canadian

The Keg Steakhouse & Bar

1396 Kingsway
(705) 525-0802
Licensed – Steak & Seafood
• Outdoor Patio

Kelsey's

1425 The Kingsway
(705) 524-3435
Licensed – Canadian

Kings Buffet

1051 Kingsway
(705) 524-7878
Licensed – Chinese/Canadian

Laura Fratelli's

Ambassador Hotel, 225 Falconbridge Rd.
(705) 566-3601
Licensed – Italian

The Little India Restaurant

893 Notre Dame Ave.
(705) 560-8222
Licensed – Indian

Montana's

1300 Marcus Dr.
(705) 566-7615
Licensed

Mr. Prime Rib

777 Barrydowne Rd.
(705) 566-5353
Licensed – Canadian

Orient Restaurant & Tavern

480 Barrydowne Rd.
(705) 560-1230
Licensed – Oriental/Canadian

Pat & Mario's

1463 LaSalle Blvd.
(705) 560-2500
Licensed – Italian

Pizza Hut

470 Barrydowne Rd.
(705) 560-0000
Licensed – Italian

Red Lobster

1600 LaSalle Blvd.
(705) 560-9825
Licensed – Seafood

Sun Wah

1540 LaSalle Blvd.
(705) 560-0140
Licensed – Chinese

Swiss Chalet

1349 LaSalle Blvd.
New Sudbury Shopping Centre
(705) 560-4556
Licensed – Chicken & Ribs

Teklenburg's Seafood & Steak

1893 LaSalle Blvd.
(705) 560-2662
Licensed – Seafood

Trevi Restaurant

1837 LaSalle Blvd.
(705) 566-5867
Licensed – Italian

Win Fortune Restaurant

840 Notre Dame Ave.
(705) 560-5420
Licensed – Oriental



The Start of Something Good!

The link between Pat and Mario's and East Side Mario's begins in Sudbury with Casey's, another popular casual dining restaurant. The first Casey's opened in Sudbury in 1979.

The founders expanded their operations, first to Southern Ontario, then to Florida, where they opened Pat and Mario's. The idea was successfully imported back into Canada with the opening of East Side Mario's.

The trio is owned by Prime Restaurants which has ranked among one of Canada's 50 Best Managed Companies for the past four consecutive years.

Watch for the Sudbury Cultural Passport - Coming Summer 2005



Sudbury Saturday Night

In 1965, Stompin' Tom Connors' three week engagement at the Towne House Tavern inspired the song, Sudbury Saturday Night.

Today, a Sudbury Saturday Night comes in a variety of flavours. Enjoy an IMAX film at Science North with dinner at Landings Restaurant overlooking Ramsey Lake, live theatre and dinner at Alexandria's or Pasta e Vino, or "entertainment with a spin" at Slots at Sudbury Downs.

And whether it's blues at 100 Georges, funky hip at Respect Is Burning, classic rock at the Coulson, or the hard rock, jazz or reggae energy at the Towne House Tavern – "glasses still tinkle" and the "eyes still twinkle" at Sudbury's restaurants and bars.

In 2003, Stompin' Tom was the guest of honour at an NHL Sudbury Saturday Night promotion at the Air Canada Centre in Toronto.

GREATER SUDBURY

Aggie's Family Restaurant

1635 Main West, Val Caron
(705) 897-4402
Licensed – Canadian

Buddies Restaurant

Hwy 69N, Hanmer
(705) 969-5644
Licensed – Canadian

Colonial Golf Course Restaurant

100 Lavallee Rd., Chelmsford
(705) 855-5888
Licensed – Canadian

Colonial Inn

28 Cedar St, Coniston
(705) 694-4761

Golden Palace

StaysInn, Regional Rd. 55, Lively
(705) 692-9993
Licensed – Chinese/Canadian

Gonga's Grill & Family Restaurant

3098 Falconbridge Hwy, Garson
(705) 693-9304
Licensed – Canadian

Dog House Sports Bar

25 Aldege St, Azilda
(705) 983-4069
Licensed – Canadian

Northland Motel & Restaurant

Hwy 144, Chelmsford
(705) 855-4533
Licensed – Canadian

M & R Grill

7 Young St., Capreol
(705) 858-2925
Canadian

Mardi Gras

Sudbury Downs, 400 Bonin, Chelmsford
(705) 855-9001
Licensed – Canadian

Northland Motel Restaurant

3150 Errington Ave, Chelmsford
(705) 855-4533
Licensed – Canadian

Parthenon Restaurant & Bar

Hwy 69 N, Val Caron
(705) 897-5752
Licensed – Canadian

Pizza Hut

4544 Hwy 69N, Val Therese
(705) 560-0000
Hwy 144, Chelmsford
(705) 560-0000
Licensed – Italian

Reise's Restaurant

2354 Maley Dr., Garson
(705) 560-5051
Licensed – Canadian & Oriental

Signatures Restaurant

Hwy 144, Chelmsford
(705) 855-9021
Licensed – Canadian

Sixth Avenue Eatery

Sixth Avenue Golf & Country Club
Sixth Ave., Lively
(705) 692-4203
Licensed – French/Italian/Canadian

Tailwinds Restaurant

Sudbury Airport
(705) 693-9963

Mr "J" Roadhouse

MR 24, Lively (705) 692-4788
Licensed – Canadian

2 Thumbs Up

Place Bonaventure Mall
Regional Rd. 15, Chelmsford
(705) 855-0003
Licensed – Canadian

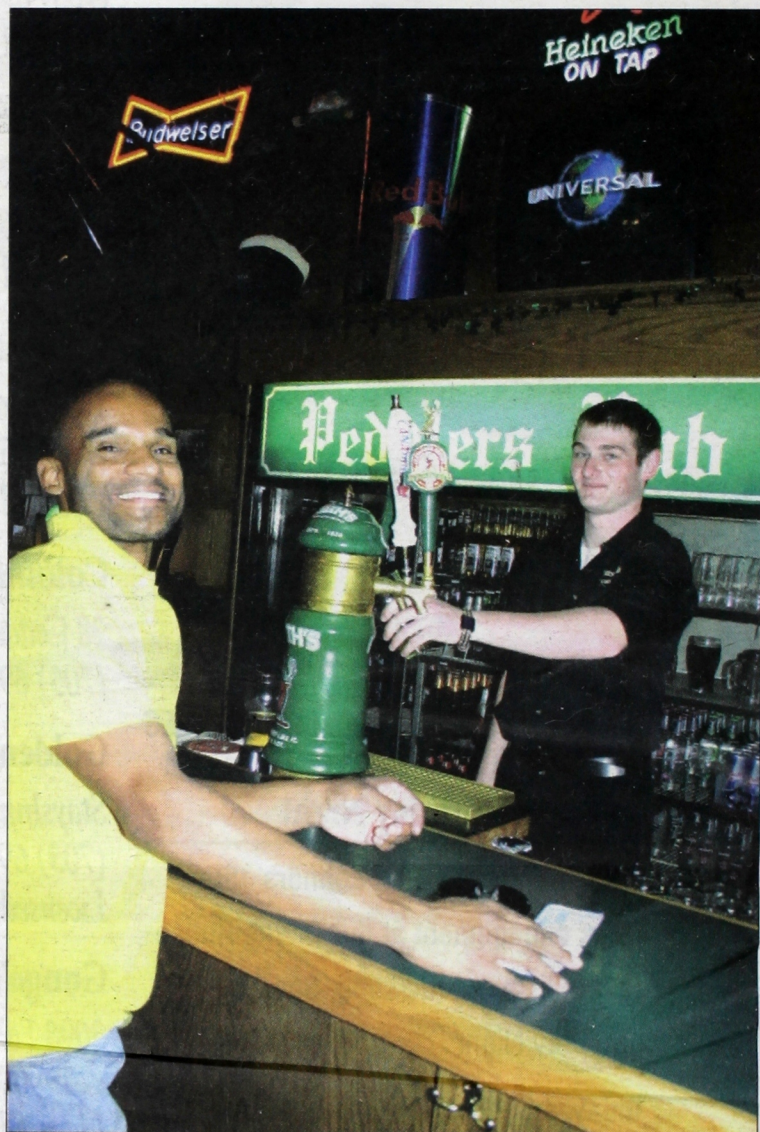
HOT SPOTS

Sudbury boasts excellent night life for students in the Nickel City



Left: This is a view of Laurentian University's on-campus bar, The Pub Down Under, as it looks while it is closed for the summer. The Pub is open five days a week during the school year, and is the host of numerous activities and contests. On any given night during the regular school term, this is one of the liveliest hot spots on school grounds.

Photo By Kris Harris



Right: This is a night shot of the popular downtown hot spot, The TowneHouse Tavern. No trip to Sudbury is complete without at least one visit to this live music bar, which has been the venue of choice for countless musical stars over its storied history.

Photo By Debbie Sauve

BY KRIS HARRIS

Whether you're looking to listen to live music, dance your troubles away or just sit down, relax and put your feet up, Sudbury has a bevy of bars and clubs that are sure to peak your interest.

One such venue is conveniently right on Laurentian University's campus. **The Pub Down Under** has long been known as a place where students get together after a hard week of classes. Open Wednesday through Saturday, the Pub offers inexpensive drinks during the day, a big-screen TV for sporting events and music videos, and loads of tables and couches to accommodate the tired student. The Pub will occasionally host live bands, as well as karaoke and other theme nights throughout the school year. This spot is certainly one that every LU student has to check out at least once.

Another bright light in the Sudbury night life scene is **The TowneHouse**. This bar has live music of one form or another every single night (including holidays),

and most of it will not disappoint. Aside from local regulars, this relaxed bar brings in some of the hottest acts in the province, as well as the country. Throughout the school year, The TowneHouse and CKLU (the campus radio station) join forces to present open jam nights on the first Thursday of each month, giving local up-and-coming musicians a chance to get on stage and show off their chops. Everybody's welcome, and a lot of LU students seem to come out, especially those studying music.

Another place to go for a great night out in downtown Sudbury is **100 George's**. This bar/restaurant offers a different style of live music, often booking country, bluegrass and jazz bands for entertainment. They have an excellent dinner menu, complemented by an extensive wine list. A huge screen captures the stage action and puts it on display for the patrons who are relaxing in the upstairs lounge, and there's an outdoor patio on the roof that holds a great view of the heart of the city.

Right across the street is **Peddler's Pub**, a quaint little

pub built for the true Irishman. There's a clock placed prominently on the wall counting down (to the second) how long it is until St. Patrick's Day. They have an extensive array of beers on tap, and the pool room in the back is a great place to shoot some stick or throw some darts any day of the week.

The Nightclub is another bar within a stone's throw from the downtown core that hosts live bands on the weekends, mostly groups that cover old classics or new top-40 hits. Three actual clubs are housed within the same complex here, and most weekends see all three of them full of party-goers.

The Grand is another hot spot downtown that sees a lot of weekend action. This club features several large dance floors and usually has a DJ mixing the latest tracks to the delight of all. There's a bevy of bars spattered throughout the large open-concept room, and always a crowd of young clientele to fill it.

Only a few blocks away lies **Cactus Pete's**, another

one of the downtown dance clubs. They usually have a DJ pounding out rave music with crowded dance floors in several locations. This club has a large patio perfect for spending hot summer nights and also has a kitchen that serves pretty late, making it very student friendly.

A little closer to the LU campus sits **The 1500 Pub**, a bar/restaurant that caters to a wide variety of tastes. They switch between live music and DJ's mixing dance

tunes, while offering many pool tables to boot. They also have a large restaurant that serves great food, and they rent rooms as a part of the Cardinal Motor Inn.

The list of bars and clubs in the area is a long one, far too long to mention them all here. But, whatever you're in the mood for from a night out, Sudbury has got you covered. And, because so many bars can be found all over the city, bar-hopping is always a breeze.



Pictured above is the main door of 100 George's, one of Sudbury's newest nightclubs. This bar has its own unique ambience that sets it apart from the rest of the crop.